



# Falls Church Recreation and Parks

Summer 2010



**Fall Preschool Registration Begins**  
**Summer Camps Still Available**  
**Birthday Packages Now Available**

*photo by Gary Mester*

**Take Advantage of Online Registration**  
**[www.fallschurchva.gov](http://www.fallschurchva.gov) • 703-248-5027 (TTY 711)**



**Registration Dates**

**Residents: May 17**

**Non-Residents: May 24**



## Farmers' Market



photo by Gary Mester

Now-March 27, 2010

9am to 12 noon

April 3-December 18, 2010

8am to 12 noon

Saturdays in City Hall Parking Lot

300 Park Avenue

Enjoy fresh fruit, vegetables, flowers and more!

MARKET  
FALLS CHURCH  
CITY HALL  
EVERY SATURDAY  
8AM-12 NOON

## Concerts in the Park

Thursdays, June 17-August 5, 7pm

Cherry Hill Park, 312 Park Avenue

The Village Preservation and Improvement Society are proud to announce the lineup for the 18th season of Summer Concerts in Cherry Hill Park. Co-sponsored by the City of Falls Church Recreation and Parks Department, the concerts take place on eight Thursdays this summer at 7pm beginning June 17th through August 5th. The schedule of performing bands will be announced closer to the start of the concerts. Bands with a local connection are always featured, and Falls Church Arts members also present their creations. Come, bring your blankets, chairs and picnic dinners, and join your friends and neighbors to enjoy one of the highlights of summer.



photo by Gary Mester

## 29th Annual Memorial Day Parade and Festival



photo by  
Gary Mester

Monday, May 31, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more.

For more information, call 703-248-5077.

## Independence Day Celebration

Sunday, July 4, 7pm (Rain Date July 5)

George Mason High School, 7124 Leesburg Pike

The Ken Smith Band, 7pm

Fireworks, 9:30pm

Bring a blanket or chair and the entire family for an evening of fun and spectacular fireworks!

For more information, call 703-248-5077.



photo by Gary Mester

## Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Elmore at 703-248-5199 or [jelmore@fallschurchva.gov](mailto:jelmore@fallschurchva.gov).

## Table of Contents

|                                      |       |
|--------------------------------------|-------|
| Adult/ Senior Clubs .....            | 31    |
| Adult Sports.....                    | 24    |
| Adult Tennis.....                    | 25    |
| Birthday Packages .....              | 5     |
| Cherry Hill Farmhouse .....          | 6     |
| Dance Classes.....                   | 14-15 |
| Developmental Classes.....           | 29-30 |
| Fencing .....                        | 23    |
| Fitness Classes .....                | 26-27 |
| General Information .....            | 3-4   |
| Infant Classes .....                 | 7     |
| Pet Education.....                   | 29    |
| Preschool Classes.....               | 8-10  |
| Preschool Program .....              | 10    |
| Registration Information & Form..... | 34-35 |
| Senior Programs. ....                | 32-33 |
| Special Events.....                  | 2     |
| Sport Classes .....                  | 23    |
| Summer Camps .....                   | 17-22 |
| Teen Classes .....                   | 12-13 |
| Teen Programs .....                  | 16    |
| Teen Trips .....                     | 16    |
| Tot Classes .....                    | 7-8   |
| Youth Classes .....                  | 11-13 |
| Youth Sports .....                   | 24    |

### Recreation & Parks Staff

Howard E. Herman, *General Manager of Community Services*  
Daniel J. Schlitt, *Deputy Director*  
Jenny Elmore, *Special Events, Senior Program Supervisor*  
Chris Madison, *Sports Coordinator, Program Supervisor*  
Debbie Woodbury, *Hobby Class Coordinator, Program Supervisor*  
Tracy Browand, *Senior Recreation Specialist*  
Amy Maltese, *Teen and Camp Coordinator, Recreation Specialist*  
Diane Morse, *Cherry Hill Farmhouse Coordinator*  
Linda Weikle, *Senior Administrative Assistant*  
Kristina Loerch, *Administrative Assistant*  
Lawrence Goff, *Senior Crew Leader, Parks and Landscape Maintenance*  
Charles Jones, *Landscape Maintenance Worker*  
Raymond Slaughter, *Landscape Maintenance Worker*  
Juan Salguero, *Building Maintenance Worker*  
Sonny Sikhattana, *Building Maintenance Worker*

### Recreation and Parks Advisory Board

Charles O'Hara, *Chair*  
Joyce Simpson, *Vice Chair*  
Beth Stoffel  
Leslie Rye  
Ruth Rodgers, *Planning Commission Representative*  
Kathryn Chandler, *School Board Representative*



# General Information

## Community Center Hours of Operation

Monday-Thursday: 8am-10:30pm  
Friday: 8am-12 midnight  
Saturday: 8:30am-12 midnight  
Sunday: 2-6pm (April-December)  
12-6pm (January-March)

### Community Center Holiday Schedule

The building will be closed on Sunday, July 4.

### Hobby Class Holiday Schedule

No classes are held on July 4 and 5 unless otherwise noted.

### Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

### Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-12 midnight

### Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

## Open Gym Pricing

Register at the front desk before entering the gym

**City Residents:** Free

**Non-City Residents 18 and under or 65 and over:** Free

**Non-City Residents 19-64:** \$3

**Hotline:** 703-248-5077

Call for current schedule.

## Phone Numbers

**Recreation & Parks Division Office ..... 703-248-5077**

**Falls Church Community Center..... 703-248-5077**

**Falls Church Senior Center..... 703-248-5020**

**Teen Center Office ..... 703-248-5307**

**Cherry Hill Farmhouse..... 703-248-5171**

**Fax ..... 703-536-8150**

## Facility Locations

### Falls Church Community Center

223 Little Falls Street

### Cherry Hill Farmhouse

312 Park Ave.

### George Mason High School

7124 Leesburg Pike

### Mary Ellen Henderson Middle School

7130 Leesburg Pike

## Brochure Availability

The brochure is available on-line at [www.fallschurchva.gov](http://www.fallschurchva.gov).

If you are a non-resident and prefer a mailed copy, please call 703-248-5077 or email [recreation@fallschurchva.gov](mailto:recreation@fallschurchva.gov).

### Registration Dates

**Residents: May 17**

**Non-Residents: May 24**

### Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

## SPECIAL SERVICES

**Yard Waste Stickers:** May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

**NVRPA Bike Trail Maps:** \$4 at the Falls Church Community Center, 223 Little Falls St. Exact cash and Visa, Mastercard, American Express and Discover accepted.

**Picnic Shelters:** Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 703-248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

**Tennis Courts:** Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 703-248-5077 for reservations.



# Birthday Parties at the Community Center

## PARTY IN THE GYM

Parties in the gym at the Falls Church Community Center are ideal for all youth from your toddler to your teen. This package includes a party room for three hours with exclusive access to half the gym for one of those hours. Best of all, this package will allow access to a variety of equipment including tot-time play equipment, tricycles, scooters, and sports equipment for soccer, softie polo, or basketball. This package is available for parties of 40 or less. The fee is \$90 for City Residents and \$180 for non-City Residents.



## PARTY IN THE TEEN CENTER

Rent our Teen Center for three hours and your guests will have exclusive use of our air hockey, ping pong, foosball and pool tables. You can also show a movie on our big screen! This room also features a microwave, refrigerator and serving counter making it an ideal location for serving refreshments. This package is available for parties of 50 or less. The fee is \$100 for City Residents and \$200 for non-City Residents.

For availability and other inquiries, please contact the Falls Church Division of Recreation and Parks at **703-248-5077**.

An additional security deposit will be required.

# Cherry Hill Farmhouse



**Cherry Hill Farmhouse**  
**312 Park Avenue**  
**703-248-5171**

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at 703-248-5077. For more information on any events taking place at Cherry Hill, call Diane Morse at 703-248-5171.

## EVENTS AT CHERRY HILL FARMHOUSE

### Falls Church Civil War Day

Relive the experiences of soldiers, civilians and African Americans during the Civil War. The event includes firing and drilling exercises, a Civil War medical tent, a bus tour of local Civil War sites, children's activities and Georgia Meadows' extensive 19th century mourning collection. Free admission.

**Location:** Cherry Hill Park

**Date:** Saturday, May 15

**Time:** 10am-3pm

Call 703-248-5171 for more information.



### Lavender Wand Workshop Ages 8-Adult

**Location:** Cherry Hill Park

**Date:** Saturday, June 19

**Time:** 10am

Use fresh lavender from our garden and learn how to make a lavender wand by weaving colorful ribbons around the caged flowers. This sachet will stay fragrant for years.

**Fee:** \$5

Call 703-248-5171 for reservations.



## Signing Smart™ Demo Class Birth-2 years

Come experience the power and fun of Signing Smart with your baby or toddler! Come sign and play with our toys, tunnel, parachute, and more during this exciting ASL play class. Come find out why signing increases IQ by 12 points (NIH study) and speeds spoken language development. Come experience the joy of parent education through child enrichment and families new to Signing Smart receive a FREE gift. Check out [www.ParentChildU.com](http://www.ParentChildU.com) to see why families LOVE our classes!

**Instructor:** Laura Daub

**Location:** Community Room

| Activity # | Date      | Time       | Fees |
|------------|-----------|------------|------|
| 310704-A   | Thu: 6/10 | 10-10:45am | Free |
| 310704-B   | Thu: 6/10 | 11-11:45am | Free |



## Music Together Birth-5 years



Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a musically rich, relaxed,

playful, and nonperformance setting. Music Together classes build on your children's natural enthusiasm for music and movement. Together we develop their musical skills - singing in tune, keeping a beat, and having the most amount of fun doing it! All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$50 discount for siblings. Tuition includes 2 CDs and Songbook of the semester's music and our new "Music Together at Home" Booklet. For further information and to watch our Music Together video visit [www.MusicWithMaddy.com](http://www.MusicWithMaddy.com). Voted BEST TODDLER PROGRAM by readers of Northern Virginia Magazine, June 2009.

**Instructor:** Maddy O'Neill-Dean

**Location:** Community Room

| Activity # | Date               | Time       | Fees                 |
|------------|--------------------|------------|----------------------|
| 310608-A   | Mon/Wed: 7/12-7/28 | 9-9:45am   | R: \$145 / NR: \$155 |
| 310608-B   | Mon/Wed: 7/12-7/28 | 10-10:45am | R: \$145 / NR: \$155 |
| 310608-C   | Mon/Wed: 7/12-7/28 | 11-11:45am | R: \$145 / NR: \$155 |
| 310608-D   | Tue/Thu: 8/3-8/19  | 10-10:45am | R: \$145 / NR: \$155 |
| 310608-E   | Tue/Thu: 8/3-8/19  | 11-11:45am | R: \$145 / NR: \$155 |



## Signing Smart™ Zoo Play Class 5 months-2 years

This class will teach your child ASL signs for the zoo environment through songs, games, and more. Signing Smart strategies integrate American Sign Language (ASL) signs into songs, games, and activities developed to engage very young children and their parents. Research has shown that Signing Smart with hearing babies and toddlers allows communication and spoken language to happen earlier and faster, while reducing frustration and tantrums and increasing IQ 12 points (according to one NIH study)! Experience animals in a whole new way! More information at [www.ParentChildU.com](http://www.ParentChildU.com).

**Instructor:** Laura Daub

**Location:** Community Room

| Activity # | Date          | Time       | Fees               |
|------------|---------------|------------|--------------------|
| 310705-A   | Thu: 6/17-7/1 | 10-10:45am | R: \$57 / NR: \$67 |
| 310705-B   | Thu: 6/17-7/1 | 11-11:45am | R: \$57 / NR: \$67 |



## Art in Hand Tots 18 months-3 years

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction. In this summer session, toddlers will enjoy stories and art-making reflecting a range of tot-friendly topics, and they'll make a splash with stories and art-making inspired by the sensations of sea and shore, while getting a cool respite from the hot summer sun. The ART IN HAND program's distinctive approach will stimulate the senses, spark the imagination, and support emerging language, social, and problem-solving skills. Most of all, ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! For more information about the program, visit [www.artinhand.org](http://www.artinhand.org).

**Instructor:** Art in Hand Staff

| Activity # | Date           | Time          | Fees                 |
|------------|----------------|---------------|----------------------|
| 310104-A   | Mon: 6/7-7/26* | 10:30-11:15am | R: \$119 / NR: \$129 |
| 310104-B   | Thu: 6/10-7/29 | 10:30-11:15am | R: \$136 / NR: \$146 |

\*No class dates 7/5

see Family Yoga  
on page 27



# Toddler and Preschool Classes

## Twoosy Doodlers 20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

**Instructor:** Abrakadoodle

| Activity # | Date          | Time         | Fees                 |
|------------|---------------|--------------|----------------------|
| 310101-A   | Wed: 6/16-8/4 | 9:30-10:10am | R: \$120 / NR: \$130 |

| Location: | Date           | Time          | Fees                 |
|-----------|----------------|---------------|----------------------|
| Art Room  | Sat: 6/12-8/7* | 10:15-10:55am | R: \$120 / NR: \$130 |

\*No class dates 7/3

## Amazing Athletes Program 2.5-6 years

Amazing Athletes provides a unique tried and tested, fun filled sport program that incorporates physical fitness, muscle tone and gross motor skills while learning and playing the following sports: soccer, hockey, football, basketball, baseball, volleyball, golf, tennis, and lacrosse. This fun and positive learning experience will help the child develop the basic fundamentals of sports as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities!



**Instructor:** Robert Jackson

**Location:** 1/2 Gym Back Door

| Activity #         | Date           | Time     | Fees               |
|--------------------|----------------|----------|--------------------|
| Athletes 2.5-3 yrs |                |          |                    |
| 310903-A           | Tue: 6/8-7/27  | 2-2:45pm | R: \$84 / NR: \$94 |
| 310903-B           | Thu: 6/10-8/5* | 9-9:45am | R: \$84 / NR: \$94 |

| Athletes 4-6yrs | Date          | Time        | Fees               |
|-----------------|---------------|-------------|--------------------|
| 310903-C        | Tue: 6/8-7/27 | 5-5:45pm    | R: \$84 / NR: \$94 |
| 310903-D        | Wed: 6/9-7/28 | 1:45-2:30pm | R: \$84 / NR: \$94 |

\*No class dates 7/15

## Amazing Athletes Basketball 5-6 years

**NEW!**

Amazing Athletes has developed a "pint-sized" basketball program specifically for kindergarten aged boys and girls. Our coaches will lead the children through basic skills, sportsmanship, cooperation, listening and lots of fun! Players will receive a team shirt. It is a safe, nurturing active environment where your child will have the opportunity to discover what wonderful things he/she can do!

**Instructor:** Robert Jackson

**Location:** 1/2 Gym Back Door

| Activity # | Date          | Time     | Fees               |
|------------|---------------|----------|--------------------|
| 310904-A   | Wed: 6/9-7/28 | 5:15-6pm | R: \$55 / NR: \$65 |



## Art in Hand Preschoolers 3-5 years

The ART IN HAND Preschoolers class focuses on exploration with developmentally appropriate art materials in a supportive environment that emphasizes process over product. Curious kids will enjoy an interactive story time and have opportunities to create with a wide variety of traditional art media, found objects and natural materials. Preschoolers will enjoy stories and art-making reflecting a range of kid-friendly topics. And in this summer session, they'll make a splash with stories and art-making inspired by the sensations of sea and shore, while getting a cool respite from the hot summer sun during a full hour class that also incorporates sensory play into the creative fun. For more information about the program visit

[www.artinhand.org](http://www.artinhand.org).

**Instructor:** Art in Hand Staff

**Location:** Teen Center

| Activity # | Date           | Time            | Fees                 |
|------------|----------------|-----------------|----------------------|
| 310105-A   | Thu: 6/10-7/29 | 11:45am-12:45pm | R: \$160 / NR: \$170 |



If you have an idea for a new class, please send it to [dwoodbury@fallschurchva.gov](mailto:dwoodbury@fallschurchva.gov).



# Preschool Classes



## Little Dragon: Play & Learn 3-5 years

The Little Dragon class is Sesame Street the Martial Arts Way! This class is for children who are learning object permanence, problem solving, sorting, and classification. This martial arts program uses an early childhood development curriculum to enhance development with gross and fine motor skills, language/ vocabulary building listening and following instructions and social interaction skills. Students will play numerous martial arts related games and learn activities designed to tap into specific mental & physical growth areas. Toddlers will play as they grow and learn as they play.

**Instructor:** WCRB Karate

**Location:** 1/2 Gym Back Door

| Activity # | Date           | Time         | Fees               |
|------------|----------------|--------------|--------------------|
| 320505-A   | Wed: 6/23-8/4* | 11:15am-12pm | R: \$75 / NR: \$85 |
| 320505-B   | Wed: 6/23-8/4* | 12:15-1pm    | R: \$75 / NR: \$85 |

\*No class dates 7/14

## Preschool Cheer and Tumble 3-5 years

This is a beginner class for athletes ages 3-5. We assist your child in learning balance, movements and general coordination. We offer a good structural foundation that helps your child with body awareness! Classes will cover all of the basics of cheerleading and tumbling for age and talent appropriate athletes.

**Instructor:** All Star Legacy

**Location:** Dance-Left

| Activity # | Date          | Time        | Fees                 |
|------------|---------------|-------------|----------------------|
| 320405-A   | Wed: 6/9-8/11 | 4:30-5:15pm | R: \$120 / NR: \$130 |

## Fun with Drawing 3-5 years

Young Rembrandts instructors provide a nurturing and strong learning environment that expands Pre-schoolers' image vocabulary as they learn to draw familiar images such as fish, teddy bears, rainbows, and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience, and spatial organization.

**Instructor:** Young Rembrandts

**Location:** Community Room

| Activity # | Date          | Time          | Fees               |
|------------|---------------|---------------|--------------------|
| 310111-A   | Wed: 6/16-7/7 | 10:30-11:30am | R: \$60 / NR: \$70 |
| 310111-B   | Thu: 7/15-8/5 | 10:30-11:30am | R: \$60 / NR: \$70 |



## Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

**Instructor:** Abrakadoodle

| Activity # | Date           | Time          | Fees                 |
|------------|----------------|---------------|----------------------|
| 310102-A   | Wed: 6/16-8/4  | 10:30-11:15am | R: \$120 / NR: \$130 |
| 310102-B   | Thu: 6/10-7/29 | 2-2:45pm      | R: \$120 / NR: \$130 |
| 310102-C   | Sat: 6/12-8/7* | 11:15am-12pm  | R: \$120 / NR: \$130 |

\*No class dates 7/3

## Tiny Tots Tumble 3-5 years

An introduction to basic tumbling. Various movements involving balance and coordination. Handstands, cartwheels, roundoffs, body positions, rolls, and various other drills are used to develop body awareness, strength, and proper basic tumbling form. **Attire:** gym clothing or t-shirt and shorts with sneakers.

**Instructor:** All Star Legacy

**Location:** 1/2 Gym Lobby Side

| Activity #         | Date          | Time            | Fees                |
|--------------------|---------------|-----------------|---------------------|
| Tumble for 3-4 yrs |               |                 |                     |
| 310400-A           | Mon: 6/7-8/9* | 11:30am-12:15pm | R: \$95 / NR: \$105 |
| Tumble for 4-5yrs  |               |                 |                     |
| 310400-B           | Mon: 6/7-8/9* | 12:30-1:15pm    | R: \$95 / NR: \$105 |

\*No class dates 7/5

Register online at  
[www.fallschurchva.gov](http://www.fallschurchva.gov)

# Preschool Program and Classes

## Preschool Program

### 3-5 years

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

**Instructor:** Alison Collins and Mary Gregory

**Location:** Preschool Room

**Register  
NOW for the  
Summer  
Session!**

## Summer Session

### Activity # Date

#### Juniors 3-4 years

|          |                   |          |                      |
|----------|-------------------|----------|----------------------|
| 311001-C | Tue/Thu: 6/8-7/8  | 9am-12pm | R: \$165 / NR: \$175 |
| 311001-D | Tue/Thu: 7/13-8/5 | 9am-12pm | R: \$132 / NR: \$142 |

#### Seniors 4-5yrs

|          |                       |          |                      |
|----------|-----------------------|----------|----------------------|
| 311002-C | Mon/Wed/Fri: 6/7-7/9* | 9am-12pm | R: \$231 / NR: \$241 |
| 311002-D | Mon/Wed/Fri: 7/12-8/6 | 9am-12pm | R: \$198 / NR: \$208 |

\*No class dates 7/5

## 2010-2011 Session

### Activity # Date

#### Preschool, Juniors 3-4 years

(Birthdates October 1, 2006- September 30, 2007)

|          |                      |          |                      |
|----------|----------------------|----------|----------------------|
| 111001-D | Tue/Thu: 9/14-12/21* | 9am-12pm | R: \$473 / NR: \$483 |
| 211001-D | Tue/Thu: 1/4-5/26*   | 9am-12pm | R: \$700 / NR: \$710 |

\*No class dates 11/11, 11/25, 4/19, 4/21

#### Preschool, Seniors 4-5 years

(Birthdates October 1, 2005- September 30, 2006)

|          |                          |          |                       |
|----------|--------------------------|----------|-----------------------|
| 111002-D | Mon/Wed/Fri: 9/13-12/22* | 9am-12pm | R: \$718 / NR: \$728  |
| 211002-D | Mon/Wed/Fri: 1/3-5/27*   | 9am-12pm | R: \$997 / NR: \$1007 |

\*No class dates 10/11, 11/26, 1/17, 2/21, 4/18, 4/20, 4/22, 4/25

## Open House for new students:

Juniors-Thursday, September 9th at 10am

Seniors- Friday, September 11th at 10am

Ready, Set, Read- September 11th at 11am

Pre-K Readiness, September 9th at 1pm

You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the following session. This will assure your child a space for the entire year. The balance fees will be due one week before the next session begins.

## Pre-K Readiness 4-5 years

(Birthdates October 1, 2005- September 30, 2006)

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2011. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate, and your child's physical and immunization report, will be required on the first day of the program. This will assure your child a space for the entire year. The balance of fees will be due one week before the next session begins.

**Instructor:** Sue John

**Location:** Preschool Room

### Activity # Date

|          |                      |       |                      |
|----------|----------------------|-------|----------------------|
| 111003-D | Tue/Thu: 9/14-12/21* | 1-4pm | R: \$473 / NR: \$483 |
| 211003-D | Tue/Thu: 1/4-5/26*   | 1-4pm | R: \$700 / NR: \$710 |

\*No class dates 11/11, 11/25, 4/19, 4/21

## Ready, Set, Read! 3.5-5 years

(Birthdates October 1, 2005- April 30, 2007)

Enter kindergarten with confidence and prepare your child for a lifetime of reading! This class will take your preschooler from the basics of phonics to the early stages of literacy. Daily activities will focus on developing your child's reading, writing and communication skills in a fun preschool environment. Students will begin the year by mastering the alphabet and basic writing techniques. By the end of the year students will have memorized sight words, explored word families, and will successfully read and write their own stories. Students will have the opportunity to learn, socialize, and play in a safe classroom environment. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

**Instructor:** Alison Collins

**Location:** Preschool Room

### Activity # Date

|          |                          |       |                       |
|----------|--------------------------|-------|-----------------------|
| 111006-D | Mon/Wed/Fri: 9/13-12/22* | 1-4pm | R: \$718 / NR: \$728  |
| 211006-D | Mon/Wed/Fri: 1/3-5/27*   | 1-4pm | R: \$997 / NR: \$1007 |

\*No class dates 10/11, 11/26, 1/17, 2/21, 4/18, 4/20, 4/22, 4/25



## Amazing Athletes Soccer Clinic **NEW!**

**4-6 years**

A program designed to teach the fundamentals of soccer for boys and girls. We will work on basic skills as well as playing games. Everyone Plays, Everyone Wins!

**Instructor:** Robert Jackson

**Location:** FCCC Basketball Court

| Activity # | Date           | Time       | Fees               |
|------------|----------------|------------|--------------------|
| 310905-A   | Sat: 6/26-7/31 | 9-9:55am   | R: \$55 / NR: \$65 |
| 310905-B   | Sat: 6/26-7/31 | 10-10:55am | R: \$55 / NR: \$65 |

## Act It Out! 4-6 years

Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class! So, come join us this summer!

**Instructor:** C.A.R.E. Actor

**Location:** Community Room

| Activity # | Date            | Time            | Fees                 |
|------------|-----------------|-----------------|----------------------|
| 320706-A   | Tue: 6/22-8/10  | 10:30-11:30am   | R: \$119 / NR: \$129 |
| 320706-B   | Wed: 6/23-8/11  | 12:30-1:30pm    | R: \$119 / NR: \$129 |
| 320706-C   | Sat: 6/26-8/21* | 10:15-11:15am   | R: \$119 / NR: \$129 |
| 320706-D   | Sat: 6/26-8/21* | 11:30am-12:30pm | R: \$119 / NR: \$129 |

\*No class dates 7/3



## Parent's Night Out/ Kids Fun Night In! 4-8 years **NEW!**

This course is about hands-on fun in a relaxed environment, while Parents are out having fun, too. We will do crafts, read, learn and have fun.

**Instructor:** Karen Howenstein

**Location:** Art Room

| Activity # | Date      | Time        | Fees               |
|------------|-----------|-------------|--------------------|
| 320102-A   | Fri: 6/25 | 6:15-9:15pm | R: \$32 / NR: \$42 |
| 320102-B   | Fri: 7/23 | 6:15-9:15pm | R: \$32 / NR: \$42 |
| 320102-C   | Fri: 8/20 | 6:15-9:15pm | R: \$32 / NR: \$42 |

## Amazing Athletes Jump Rope **NEW!**

**5-8 years**

Amazing Athletes has developed a jump rope class that will help Children develop large-motor and language skills as they learn how to jump rope. Jump Rope is a playful fitness class which combines rope jumping with creative calisthenics, partner drills, games, and relay races.

**Instructor:** Lindsey Willis

**Location:** Senior Center-Right

| Activity # | Date           | Time            | Fees               |
|------------|----------------|-----------------|--------------------|
| 330901-A   | Sat: 6/26-7/31 | 10-11am         | R: \$55 / NR: \$65 |
| 330901-B   | Sat: 6/26-7/31 | 11:15am-12:15pm | R: \$55 / NR: \$65 |

## Cheer Super Squad 5-9 years

We will coach the winter session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work. Cheerleading is a sport!

**Instructor:** All Star Legacy

**Location:** Dance-Left

| Activity # | Date           | Time        | Fees                 |
|------------|----------------|-------------|----------------------|
| 320404-A   | Wed: 6/9-8/11* | 6:45-7:30pm | R: \$120 / NR: \$130 |

\*No class dates 7/7

## American Girl Tea 5-12 years

Bring your favorite doll and join us for a tea party. We'll enjoy a snack, activities, and have an introduction to table and party manners. Topics include: guest and host behavior, behavior at the table, placement of utensils, greetings, thank you notes and more.

**Instructor:** Etiquette School

**Location:** Art Room

| Activity #       | Date      | Time         | Fees               |
|------------------|-----------|--------------|--------------------|
| <b>Ages 5-8</b>  |           |              |                    |
| 320705-A         | Sat: 7/10 | 3-4:30pm     | R: \$25 / NR: \$35 |
| <b>Ages 9-12</b> |           |              |                    |
| 320705-B         | Sat: 7/10 | 12:30-2:30pm | R: \$35 / NR: \$45 |
| 320705-C         | Sun: 8/1  | 4:15-5:45pm  | R: \$35 / NR: \$45 |

## Mad Hatter Tea & Manners **NEW!**

**5-12 years**

Join us for a delightful afternoon of family time! We'll enjoy refreshments while we practice basic table manners, and discuss greetings/introductions, guest/host behavior, showing proper respect and thank you notes. Come dressed for tea, crazy hats welcome! Let's have fun seeing where the Mad Hatter went wrong! Boys and Girls and adults welcome.

**Instructor:** Etiquette School

**Location:** Senior Center-Left

| Activity # | Date     | Time     | Fees               |
|------------|----------|----------|--------------------|
| 330701-A   | Sat: 6/5 | 2-3:30pm | R: \$20 / NR: \$25 |
| 330701-B   | Sun: 8/1 | 2:30-4pm | R: \$20 / NR: \$25 |

If you have an idea for a new class, please send it to [dwoodbury@fallschurchva.gov](mailto:dwoodbury@fallschurchva.gov).



# Youth and Adult Classes

## Jedi Manners 6-10 years

**NEW!**

A fun approach to socially acceptable behavior loosely based on the Jedi Code. We'll talk about common courtesies, showing proper respect, guest/host behavior, being a good sport, making/ keeping friends and more. Learn how to be noticed for all the right reasons.

**Instructor:** Etiquette School

**Location:** Senior Center-Left

| Activity # | Date      | Time      | Fees               |
|------------|-----------|-----------|--------------------|
| 320703-A   | Sat: 7/10 | 10am-12pm | R: \$35 / NR: \$45 |

## Fun with Drawing 6-12 years

Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can -and should- learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

**Instructor:** Young Rembrandts

**Location:** Art Room

| Activity # | Date           | Time  | Fees                 |
|------------|----------------|-------|----------------------|
| 330105-A   | Tue: 6/15-7/20 | 5-7pm | R: \$180 / NR: \$190 |
| 330105-B   | Tue: 7/27-8/24 | 5-7pm | R: \$165 / NR: \$175 |

## Tumbling 6-12 years

An introduction to handstands, cartwheels, round offs, front and back walkovers, and beginning back and handsprings. Attire: gym clothing or t-shirt and shorts with sneakers.

**Instructor:** All Star Legacy

**Location:** Dance-Left

| Activity # | Date           | Time     | Fees                 |
|------------|----------------|----------|----------------------|
| 320403-A   | Wed: 6/9-8/11* | 5:15-6pm | R: \$120 / NR: \$130 |
| 320403-B   | Wed: 6/9-8/11* | 6-6:45pm | R: \$120 / NR: \$130 |

\*No class dates 7/7

## Abrakadoodle & Clay 6-12 years



Hooray for clay! Roll, pinch, pat, press, paint, and sculpt your way through this creative series. We learn about the cultures of Italy, China, Turkey, and Africa's Zulu tribe by making beads, chops, tiles, and masks. Sculptors Jean Dubuffet

and Lucien den Arend inspire us to sculpt with colorful shapes and designs, and the fun continues with leapin' lizards, monsters, and more!

**Instructor:** Abrakadoodle

**Location:** Senior Center-Left

| Activity # | Date          | Time        | Fees               |
|------------|---------------|-------------|--------------------|
| 320142-A   | Tue: 6/8-6/29 | 3:15-4:15pm | R: \$50 / NR: \$60 |
| 320142-B   | Tue: 7/13-8/3 | 3:15-4:15pm | R: \$50 / NR: \$60 |

## Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life-with a fresh Abrakadoodle twist.

**Instructor:** Abrakadoodle

**Location:** Senior Center-Left

| Activity # | Date          | Time        | Fees               |
|------------|---------------|-------------|--------------------|
| 320144-A   | Wed: 6/9-6/30 | 3:30-4:30pm | R: \$65 / NR: \$75 |
| 320144-B   | Wed: 7/14-8/4 | 3:30-4:30pm | R: \$65 / NR: \$75 |

## Fun with Cartooning 6-13 years

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

**Instructor:** Young Rembrandts

**Location:** Community Room

| Activity # | Date           | Time  | Fees                 |
|------------|----------------|-------|----------------------|
| 330106-A   | Thu: 6/17-7/22 | 5-7pm | R: \$180 / NR: \$190 |
| 330106-B   | Thu: 7/29-8/26 | 5-7pm | R: \$180 / NR: \$190 |

## Fun with Cartooning & Drawing 6-13 years

This workshop combines the best of Cartooning and Drawing and focuses on a variety of styles: Anime, Monsters, Transportation, Masters, etc., as well as media. Create silly cartoon characters, funny expressions, convey moods, sounds, and drawing sequences that tell a joke! The workshop combines innovative step-by-step drawing methods with light-hearted subject matter that engages children, their sense of humor, and vivid imaginations. Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can -and should- learn to draw. Students learn a variety of art concepts such as portraiture, color theory, and abstract art. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

**Instructor:** Young Rembrandts

**Location:** Community Room

| Activity # | Date          | Time  | Fees                 |
|------------|---------------|-------|----------------------|
| 330107-A   | Wed: 6/16-7/7 | 5-7pm | R: \$120 / NR: \$130 |
| 330107-B   | Wed: 7/14-8/4 | 5-7pm | R: \$120 / NR: \$130 |

**Register online at**  
**[www.fallschurchva.gov](http://www.fallschurchva.gov)**

# Youth and Adult Classes

## Dramatic Kids! 7-10 years

**NEW!**

This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter as we learn improvisational theater techniques and social issues. Throughout the class, these fine actors will combine their theatrical know how and expertise on a subject into artistic expressions employing the dramatic techniques they have learned (such as, but not limited to improvisation, scene study, and monologue study). There will be a final presentation on the last day of class! So, come join us this summer! Fee includes the cost of all writing and reading materials!

**Instructor:** C.A.R.E. Actor

**Location:** Teen Center

| Activity # | Date           | Time        | Fees                 |
|------------|----------------|-------------|----------------------|
| 330702-A   | Tue: 6/22-8/10 | 6:30-7:45pm | R: \$145 / NR: \$155 |
| 330702-B   | Sat: 6/26-8/21 | 1-2:15pm    | R: \$145 / NR: \$155 |



## Theatrical Teens! 11-15 years

**NEW!**

In this acting workshop, teens will learn improvisation theater techniques, engage in art projects, and write our own sketches. Throughout the classes, these seasoned actors will combine their theatrical and artistic know how in set design and costume design while learning about a relevant social issue. Using this social issue as a backbone for their presentation, this class will write as well as direct their own original play to be presented on the last day. So, come join us this summer!

**Instructor:** C.A.R.E. Actor

| Activity #                      | Date            | Time        | Fees                 |
|---------------------------------|-----------------|-------------|----------------------|
| <b>Location:</b> Art Room       |                 |             |                      |
| 340703-A                        | Mon: 6/21-8/16* | 6:30-8:30pm | R: \$220 / NR: \$230 |
| <b>Location:</b> Community Room |                 |             |                      |
| 340703-B                        | Sat: 6/26-8/21* | 2:30-4:30pm | R: \$220 / NR: \$230 |

\*No class dates 7/5, 7/3

## Teen Survival Skills 14-17 years

Build your confidence with the skills it takes to be successful in your social life, school and work. We'll focus on interviewing skills, job applications, thank you notes, phone, email and tech etiquette, social savvy, basic table manners, stress management and customer service.

**Instructor:** Etiquette School

**Location:** Senior Center-Left

| Activity # | Date     | Time     | Fees               |
|------------|----------|----------|--------------------|
| 340701-A   | Sat: 6/5 | 10am-1pm | R: \$50 / NR: \$60 |

## Beginner Guitar 1 9 & up

**NEW!**

Beginning Guitar is perfect for the first time student of all ages. If you cannot read music or play another instrument, then this is the class for you! Learning guitar is fun and provides a platform for self-expression, enrichment, and personal growth. Students will be exposed to a variety of songs and exercises that will begin to broaden their understanding of technique, ear training, music theory, and music appreciation. Learn how to play, tune and care for your guitar. Students must furnish their own instrument.

**Instructor:** Donald Phillips

**Location:** Art Room

| Activity # | Date           | Time  | Fees                 |
|------------|----------------|-------|----------------------|
| 330601-A   | Thu: 6/10-7/29 | 4-5pm | R: \$116 / NR: \$126 |
| 330601-B   | Thu: 6/10-7/29 | 6-7pm | R: \$116 / NR: \$126 |

## Private Voice Lessons 4 & up

This class offers the student who is interested in developing vocal talent the opportunity to work one on one with a vocal coach. The instructor is a classically trained music education specialist and teaches all levels. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections.

**Instructor:** Dream In Color

**Location:** Preschool Room

| Activity # | Date           | Time         | Fees                 |
|------------|----------------|--------------|----------------------|
| 330703-A   | Sat: 6/26-7/24 | 9-9:30am     | R: \$125 / NR: \$135 |
| 330703-B   | Sat: 6/26-7/24 | 9:30-10am    | R: \$125 / NR: \$135 |
| 330703-C   | Sat: 6/26-7/24 | 10-10:30am   | R: \$125 / NR: \$135 |
| 330703-D   | Sat: 6/26-7/24 | 10:30-11am   | R: \$125 / NR: \$135 |
| 330703-E   | Sat: 6/26-7/24 | 11-11:30am   | R: \$125 / NR: \$135 |
| 330703-F   | Sat: 6/26-7/24 | 11:30am-12pm | R: \$125 / NR: \$135 |
| 330703-G   | Sat: 7/31-8/21 | 9-9:30am     | R: \$125 / NR: \$135 |
| 330703-H   | Sat: 7/31-8/21 | 9:30-10am    | R: \$125 / NR: \$135 |
| 330703-I   | Sat: 7/31-8/21 | 10-10:30am   | R: \$125 / NR: \$135 |
| 330703-J   | Sat: 7/31-8/21 | 10:30-11am   | R: \$125 / NR: \$135 |
| 330703-K   | Sat: 7/31-8/21 | 11-11:30am   | R: \$125 / NR: \$135 |
| 330703-L   | Sat: 7/31-8/21 | 11:30am-12pm | R: \$125 / NR: \$135 |

If you have an idea for a new class, please send it to [dwoodbury@fallschurchva.gov](mailto:dwoodbury@fallschurchva.gov).



## Mommy and Me 18 months-2 years

An introduction to dance, movement and expression to your child's favorite preschool tunes, for toddlers and their mommy's. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination and rhythm. Parent participation required. Please wear comfortable clothing. No special shoes required.

**Instructor:** Dream In Color

**Location:** Dance-Left

| Activity # | Date            | Time       | Fees               |
|------------|-----------------|------------|--------------------|
| 310243-A   | Sat: 6/26-8/21* | 10-10:30am | R: \$56 / NR: \$66 |

\*No class dates 7/3

## Preschool Dance A 2-3 years

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Please note designated ages in classes. Preschool A classes have no special shoes or clothing requirements.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date            | Time       | Fees               |
|------------|-----------------|------------|--------------------|
| 310214-A   | Sat: 6/26-8/21* | 10:30-11am | R: \$56 / NR: \$66 |

\*No class dates 7/3

## Preschool Dance B 3-4 years

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Please note designated ages in classes. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date            | Time       | Fees               |
|------------|-----------------|------------|--------------------|
| 310215-A   | Sat: 6/26-8/21* | 11-11:45am | R: \$60 / NR: \$70 |

\*No class dates 7/3

## Preschool Dance C 4-5 years

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date            | Time            | Fees               |
|------------|-----------------|-----------------|--------------------|
| 310217-A   | Sat: 6/26-8/21* | 11:45am-12:30pm | R: \$60 / NR: \$70 |

\*No class dates 7/3

## Hip Hop I 5-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 320212-A   | Wed: 6/23-8/18 | 4:30-5:30pm | R: \$63 / NR: \$73 |



## Hip Hop 2/3 8-10 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 320213-A   | Wed: 6/23-8/18 | 6:30-7:30pm | R: \$63 / NR: \$73 |

## Street Jazz 6-9 years

Street Jazz is a dance form combining hip-hop and Jazz. This style of dance can be seen in videos by artists such as Britney Spears, Mya and Usher to name a few. Students must have some background in jazz and hip-hop along with a desire to strive for their best in class.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 320215-A   | Wed: 6/23-8/18 | 5:30-6:30pm | R: \$63 / NR: \$73 |



## Preteen Hip-Hop 10-12 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking, as well as freestyle movement to give students the opportunity to develop their own sense of style.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 330214-A   | Wed: 6/23-8/18 | 7:30-8:30pm | R: \$63 / NR: \$73 |

## Flamenco 13 & up

The dances of Spain are varied and rich in ethnic and regional traditions. Fluid arms and percussive footwork are hallmarks of Flamenco dance that are paralleled in the beautiful melodies and intricate rhythms of Flamenco music. Originating in the Andalusia region of southern Spain, the fire of Flamenco dance is reflective of its gypsy (Gitano) dancing roots and influences from Arabic traditions. Learn traditional as well as original dances that are steeped in folklore and melding cultures dating back to the 1500's in then Moorish Spain. Encompassing regional and folk dance as well as classical and neo-classical dance, Spanish Dance uses a wide variety of traditional music and features castanets. Castanets are handheld, percussive instruments that highlight and accent the intricate rhythms of the many dances they accompany. This Flamenco class will not include the study of castanets.

**Instructor:** Dream In Color

**Location:** Dance-Left

| Activity #                      | Date            | Time  | Fees               |
|---------------------------------|-----------------|-------|--------------------|
| <b>Flamenco- Ages 13-18</b>     |                 |       |                    |
| 340203-A                        | Fri: 6/25-8/20* | 6-7pm | R: \$56 / NR: \$66 |
| <b>Flamenco- 18 &amp; older</b> |                 |       |                    |
| 340203-B                        | Fri: 6/25-8/20* | 7-8pm | R: \$56 / NR: \$66 |

\*No class dates 7/2



## Ballroom Wedding Dances 16 & up

Learn to dance for that special occasion, your wedding. Or, just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot and Rumba. These are the three basic slow dances that couples chose for there special first dance. You'll learn proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. The per person fee includes 6 weeks (lessons), a total of 9 hours of instruction.

**Instructor:** Tom Woll & Assoc.

**Location:** Art Room

| Activity # | Date            | Time     | Fees               |
|------------|-----------------|----------|--------------------|
| 350209-A   | Thu: 6/10-7/22* | 6:30-8pm | R: \$72 / NR: \$82 |

\*No class dates 7/8



## Social Dance- Basic Survival I 16 & up

Designed with the non-dancer in mind, learn the dance basics needed to survive that wedding reception, cruise ship vacation, or New Year's Eve dance and to do it with style and grace. This course covers the basics of Waltz, Rumba, Foxtrot, Tango, Swing, Cha Cha, and Merengue with proper dance position, and how to lead and follow. Partners encouraged, but singles are welcome. Optional instruction aids, publications, audio tapes and CD's will be available for purchase. The per person fee includes 6 weeks (lessons), a total of 9 hours of instruction.

**Instructor:** Tom Woll & Assoc.

**Location:** Art Room

| Activity # | Date            | Time     | Fees               |
|------------|-----------------|----------|--------------------|
| 350210-A   | Thu: 6/10-7/22* | 8-9:30pm | R: \$72 / NR: \$82 |

\*No class dates 7/8



# Teen Programs and Trips

## TEEN CENTER

The Teen Center is located at the Falls Church community Center and is open exclusively for teens Monday through Friday from 3pm – 6pm and on early release Wednesdays. The drop-in Teen Center features a pool table, ping pong, foosball, air hockey, and a large screen television with surround sound. Every Wednesday a movie is shown and free popcorn and sodas are provided. For more information on Teen Programming, please call the Teen coordinator at **703-248-5307**.

### Midnight Madness

Midnight madness is a fun night out for youth in grades 5-7. Participants have the opportunity to hang out with their friends and participate in activities. Some sample activities may include games such as “Don’t forget the Lyrics”, bingo, eating contests, scavenger hunts and more! A PG or PG-13 film is shown as well. Pizza and sodas are available for sale. Once children enter the facility, they may not leave until they are signed out by an adult. No pre-registration necessary!

**Dates:** Fridays, May 7, June 4

**Time:** 7pm-midnight

**Fee:** \$3



### Dances

The Recreation and Parks Department offers several dances during the school year for youth in grades 6-8. While the DJ spins your favorites, participants can dance, hang out with friends, play basketball or play games in the Teen Center such as pool, ping pong, air hockey and more. Pizza and sodas are available for sale. Once participants enter the building, they may not leave until they are signed out by an adult. No pre-registration necessary! **Dates:** Saturday, June 12

**Time:** 7:30pm to 10:30pm **Fee:** \$5



### Movie Wednesdays

Every Wednesday during the school year. Popcorn and sodas will be available to teens at the teen center while we show a movie on the big screen television. Movies will be rated PG or PG-13. **Fee:** Free

### Theater Thursdays

Theater Thursdays are all new and will consist of playing acting games such as Charades, Understudy, Copy Cat and more! Come by yourself or with a group of friends!

### Teen Work List

Are you looking for work to make some money? This service is for you to place your name on a list for possible work opportunities. When residents need someone to do jobs such as babysitting, yard work, snow shoveling, dog walking and more, they can contact us and we will contact you! Please call the Teen Coordinator at **703-248-5307** or stop by at the Community Center for a registration form. Once you are registered, the next time work is available, we will send you an e-mail to let you know!

### Fantastic Fridays

One Friday each month will be a Fantastic Friday! Upcoming Fantastic Friday's will be May 7 & June 11. Come by after school for tournaments, games and popcorn!

### Paintball 10-15 years

Ready, Aim, Fire! Take aim at your friends at Hogback Mountain. All necessary rental equipment is provided in the rental package as well as 500 paintballs. Those with their own equipment also receive 500 paintballs. Come out and enjoy a day of playing paintball. Please bring lunch or bring \$5 for lunch and money for extra paintballs. **YOU MAY NOT BRING YOUR OWN PAINTBALLS!**

| Activity #                      | Date     | Time       | Fees               |
|---------------------------------|----------|------------|--------------------|
| <b>Equipment Rental</b>         |          |            |                    |
| 241448-A                        | Mon: 5/3 | 9am-6:30pm | R: \$75 / NR: \$75 |
| <b>Bring your own equipment</b> |          |            |                    |
| 241448-D                        | Mon: 5/3 | 9am-6:30pm | R: \$60 / NR: \$60 |

### Ultra Zone 10-14 years

Come with us to Ultrazone® for the ultimate laser adventure. Ultrazone offers state of the art laser tag games and arcade games. Additional games include air hockey, video golf, shooting games, dance machines, driving adventures, and more. Fee includes three games of laser tag. Please bring additional money for other games and snacks!

| Activity # | Date      | Time  | Fees               |
|------------|-----------|-------|--------------------|
| 241439-A   | Thu: 5/13 | 3-7pm | R: \$47 / NR: \$47 |

### Wakefield Skate Park 10-13 years

Bring your rollerblades or skate boards with you to Wakefield Skate Park. The freestyle course features bank ramps, a 4 foot quarter pipe, pyramid, grind rails and a grind box. The Competition course consists of a double jum-box, euro gap, bank ramp with kicker, roll-over radius, and a grind box. Helmets, knee pads and shoulder pads are required. If you do not have them, you may rent them for \$5 for the set or \$2 per piece. Please bring additional money for food.

| Activity # | Date      | Time  | Fees               |
|------------|-----------|-------|--------------------|
| 241473-C   | Thu: 5/20 | 3-8pm | R: \$32 / NR: \$32 |
| 341401-A   | Tue: 6/8  | 3-8pm | R: \$32 / NR: \$32 |

### Kings Dominion Trip 10-18 years

Test your limits on Kings Dominion's newest thrill ride, El Dorado or some of your favorites like the Donominator, Anaconda, Drop Tower, Flight of Fear and more! Please bring additional money for food and souvenirs.

| Activity # | Date     | Time    | Fees               |
|------------|----------|---------|--------------------|
| 341402-A   | Sat: 6/5 | 9am-9pm | R: \$87 / NR: \$87 |

## SUMMER FUN

The Recreation and Parks Division is offering a wide variety of exciting camps this summer. A full description of each camp can be found in our 2010 Summer Camp Brochure which is available online at [www.fallschurchva.gov](http://www.fallschurchva.gov). Hard copies of this brochure are also available at the Falls Church Community Center.

### Summer Fun – Entire Summer

#### June 21-August 13, 2010

385002 A Summer Fun Entire Summer Rising 1st-6th graders

### Swim Lessons – Two week sessions

#### June 21-July 2, 2010

|          |                     |                  |
|----------|---------------------|------------------|
| 385106 A | "Mommy and Me" Swim | 6 months-3 years |
| 385100 A | Preschool Swim      | Ages 3-5         |
| 385114 A | Preschool Swim      | Ages 3-5         |
| 385108 A | Beginner Swimming   | Ages 6-11        |
| 385112 A | Advanced Swim       | Ages 6-11        |

#### July 6-16, 2010

(No swim lessons Monday, July 5, 2010)

|          |                     |                  |
|----------|---------------------|------------------|
| 385106 C | "Mommy and Me" Swim | 6 months-3 years |
| 385100 C | Preschool Swim      | Ages 3-5         |
| 385114 C | Preschool Swim      | Ages 3-5         |
| 385108 C | Beginner Swimming   | Ages 6-11        |
| 385110 C | Intermediate Swim   | Ages 6-11        |
| 385112 C | Advanced Swim       | Ages 6-11        |

#### July 19-30, 2010

|          |                     |                  |
|----------|---------------------|------------------|
| 385106 E | "Mommy and Me" Swim | 6 months-3 years |
| 385114 E | Preschool Swim      | Ages 3-5         |
| 385109 E | Beginner Swimming   | Ages 6-11        |
| 385108 E | Beginner Swimming   | Ages 6-11        |
| 385111 E | Intermediate Swim   | Ages 6-11        |
| 385110 E | Intermediate Swim   | Ages 6-11        |
| 385112 E | Advanced Swim       | Ages 6-11        |

#### August 2-13, 2010

|          |                   |           |
|----------|-------------------|-----------|
| 385100 G | Preschool Swim    | Ages 3-5  |
| 385114 G | Preschool Swim    | Ages 3-5  |
| 385108 G | Beginner Swimming | Ages 6-11 |
| 385111 G | Intermediate Swim | Ages 6-11 |
| 385110 G | Intermediate Swim | Ages 6-11 |
| 385112 G | Advanced Swim     | Ages 6-11 |



"Mommy and Me", Preschool, Beginner, Intermediate and Advanced Swim lessons are available!



*Fun in the sun at Summer Fun!*

### All one week camps:

#### Week of June 7-11, 2010

|           |                             |          |
|-----------|-----------------------------|----------|
| 382011 A1 | Wild Weather Preschool Camp | Ages 4-6 |
|-----------|-----------------------------|----------|

#### Week of June 14-18, 2010

|           |                             |          |
|-----------|-----------------------------|----------|
| 382011 A2 | Cooking Kids Preschool Camp | Ages 4-6 |
|-----------|-----------------------------|----------|

#### Week of June 21-June 25, 2010

|          |                                       |                         |
|----------|---------------------------------------|-------------------------|
| 380215 A | Enchanted Castles Dance Camp          | Ages 3-5                |
| 380225 A | Mini Cheer Camp                       | Ages 3-5                |
| 382011 A | Lights & Shadows Preschool Camp       | Ages 4-6                |
| 381901 A | Introduction to Tennis Camp           | Ages 4-6                |
| 381407 A | Ninja Ranger Karate Camp              | Ages 5 ½ & up           |
| 385001 A | Summer Fun Session A                  | Rising 1st-6th graders  |
| 381902 A | Tennis I Fundamentals                 | Ages 6-10               |
| 381905 A | Tennis II Intro to Competitive Tennis | Ages 7-10               |
| 381207 A | Co-Ed Giant Basketball Academy        | Ages 7-13               |
| 381001 A | Mustang Baseball Camp                 | Ages 8-13               |
| 383301 A | Adventure Links                       | Ages 8-10               |
| 381404 A | Virgil Seay Sports and Activities     | Ages 8-14               |
| 381701 A | Olympic Sport Fencing                 | Ages 9 & up             |
| 381703 A | Historical Swordsmanship Fencing Camp | Ages 9 & up             |
| 383302 A | Adventure Links                       | Ages 11-14              |
| 381203 A | Mustang Basketball Skills Camp-Boys   | Rising 8th-12th graders |
| 381208 A | Mustang Basketball Skills Camp-Girls  | Rising 8th-12th graders |



# Camps

## Week of June 28-July 2, 2010

|          |  |                        |
|----------|--|------------------------|
| 381303 B | First Kicks British Soccer Camp        | Ages 3-4               |
| 382008 B | Really Big Gigantic and Teeny Tiny Art | Ages 3-6               |
| 381901 B | Introduction to Tennis Camp            | Ages 4-6               |
| 381304 B | Minisoccer British Soccer Camp         | Ages 4-6               |
| 382011 B | Magnets & Magnifiers Preschool Camp    | Ages 4-6               |
| 383308 B | Dream in Color Dance Camp              | Ages 4-5               |
| 381402 B | Shooting Stars Multi-Sport Camp        | Ages 5-8               |
| 385001 B | Summer Fun Session B                   | Rising 1st-6th graders |

|          |  |           |
|----------|--|-----------|
| 381305 B | British Soccer Development Program     | Ages 6-16 |
| 382007 B | Really Big Gigantic and Teeny Tiny Art | Ages 6-12 |
| 384002 B | The Mouse – The Wall Hugging Robot     | Ages 7-12 |
| 384003 B | The All-Terrain Tracker Workshop       | Ages 7-12 |
| 381404 B | Virgil Seay Sports and Activities      | Ages 8-14 |

|          |                                       |                        |
|----------|---------------------------------------|------------------------|
| 381211 B | Mustang Basketball Camp- Girls        | Ages 8-13              |
| 381406 B | Advanced British Soccer Camp          | Ages 8-16              |
| 381702 B | Olympic Sport Fencing                 | Ages 9 & up            |
| 381704 B | Historical Swordsmanship Fencing Camp | Ages 9 & up            |
| 381906 B | Tennis I Fundamentals                 | Ages 10-13             |
| 381908 B | Tennis II Intro to High School Tennis | Ages 10-13             |
| 383201 B | Teen Excursion Camp                   | Rising 6th-8th graders |
| 381907 B | Tennis III Competitive Development    | Ages 13-18             |



*Youth football is one of our most popular camps!*

## Week of July 6-9, 2010

(No camp Monday, July 5)

|          |                                       |                        |
|----------|---------------------------------------|------------------------|
| 382012 C | Creative Cooking                      | Ages 3-4               |
| 382011 C | Sand Explorations Preschool Camp      | Ages 4-6               |
| 381901 C | Introduction to Tennis Camp           | Ages 4-6               |
| 381402 C | Shooting Stars Multi-Sport Camp       | Ages 5-8               |
| 385001 C | Summer Fun Session C                  | Rising 1st-6th graders |
| 383309 C | Dream in Color Dance Camp             | Ages 6-8               |
| 381902 C | Tennis I Fundamentals                 | Ages 6-10              |
| 381006 C | Youth Football Camp                   | Ages 6-12              |
| 382007 C | Portfolio Kids Art Camp               | Ages 6-12              |
| 384004 C | Simply Science                        | Ages 6-12              |
| 381905 C | Tennis II Intro to Competitive Tennis | Ages 7-10              |
| 381212 C | Mustang Basketball Camp- Boys         | Ages 8-13              |
| 381404 C | Virgil Seay Sports & Activities       | Ages 8-14              |
| 381601 C | Golf Camp                             | Ages 8-17              |
| 380227 C | Junior Cheer Camp                     | Ages 11-14             |

*Golf Camp provides top-notch instruction at Oak Marr Golf Course!*



*Challenger British Soccer Camps provide lots of fun, great instruction, a soccer ball and a t-shirt!*



**Full descriptions  
online at  
[www.fallschurchva.gov](http://www.fallschurchva.gov)**

If you have an idea for a new class, please send it to [dwoodbury@fallschurchva.gov](mailto:dwoodbury@fallschurchva.gov).

## Week of July 12-16, 2010

|          |                                       |                        |
|----------|---------------------------------------|------------------------|
| 381303 D | First Kicks Soccer Camp               | Ages 3-4               |
| 380225 D | Mini Cheer Camp                       | Ages 3-5               |
| 381304 D | Minisoccer British Soccer Camp        | Ages 4-6               |
| 381901 D | Introduction to Tennis Camp           | Ages 4-6               |
| 382010 D | Foam Dough Creations Preschool Camp   | Ages 4-6               |
| 381402 D | Shooting Stars Multi-Sport Camp       | Ages 5-8               |
| 385001 D | Summer Fun Session D                  | Rising 1st-6th graders |
| 380226 D | Youth Cheer Camp                      | Ages 6-10              |
| 384003 D | Can You Dig It? Science Camp          | Ages 6-11              |
| 381204 D | Giant Basketball Academy – Boys only  | Ages 6-14              |
| 381305 D | British Soccer Development Program    | Ages 6-16              |
| 381211 D | Mustang Basketball Camp- Girls        | Ages 8-13              |
| 381404 D | Virgil Seay Sports & Activities       | Ages 8-14              |
| 381406 D | Advanced British Soccer Camp          | Ages 8-16              |
| 381701 D | Olympic Sport Fencing                 | Ages 9 & up            |
| 381703 D | Historical Swordsmanship Fencing Camp | Ages 9 & up            |
| 383309 D | Dream in Color Dance Camp             | Ages 9-10              |
| 381705 D | Virginia Fishing Adventures           | Ages 9-14              |
| 383002 D | Clay Hill Horseback Riding Camp       | Ages 9-14              |
| 381906 D | Tennis I Fundamentals                 | Ages 10-13             |
| 381908 D | Tennis II Intro to High School Tennis | Ages 10-13             |
| 381907 D | Tennis III Competitive Development    | Ages 13-18             |

## Week of July 19-23, 2010

|          |                                       |                        |
|----------|---------------------------------------|------------------------|
| 382008 E | Beach Party Art Camp                  | Ages 3-6               |
| 381303 E | First Kicks Soccer Camp               | Ages 3-4               |
| 380220 E | Tutus and Tiaras Dance Camp           | Ages 3-5               |
| 381304 E | Minisoccer British Soccer Camp        | Ages 4-6               |
| 381901 E | Introduction to Tennis Camp           | Ages 4-6               |
| 382010 E | Wood Creations Preschool Camp         | Ages 4-6               |
| 385001 E | Summer Fun Session E                  | Rising 1st-6th graders |
| 380226 E | Youth Cheer Camp                      | Ages 6-10              |
| 381902 E | Tennis I Fundamentals                 | Ages 6-10              |
| 381401 E | All-American Sports Camp              | Ages 6-12              |
| 382007 E | Beach Party Art Camp                  | Ages 6-12              |
| 381305 E | British Soccer Development Program    | Ages 6-16              |
| 381905 E | Tennis II Intro to Competitive Tennis | Ages 7-10              |
| 383301 E | Adventure Links                       | Ages 8-11              |
| 381212 E | Mustang Basketball Camp- Boys         | Ages 8-13              |
| 381406 E | Advanced British Soccer Camp          | Ages 8-16              |
| 381702 E | Olympic Sport Fencing                 | Ages 9 & up            |
| 381704 E | Historical Swordsmanship Fencing Camp | Ages 9 & up            |
| 383302 E | Adventure Links                       | Ages 11-14             |
| 383309 E | Dream in Color Dance Camp             | Ages 11-14             |

*Let your child's imagination run wild during a themed dance camp!*



**Register online at  
[www.fallschurchva.gov](http://www.fallschurchva.gov)**

# Camps

## Week of July 26-30, 2010

|          |  |                        |
|----------|--|------------------------|
| 383308 F | Dream in Color Dance Camp                | Ages 4-5               |
| 381901 F | Introduction to Tennis Camp              | Ages 4-6               |
| 382010 F | Shells, Spangles and more Preschool Camp | Ages 4-6               |
| 385001 F | Summer Fun Session F                     | Rising 1st-6th graders |
| 381401 F | All-American Sports Camp                 | Ages 6-12              |
| 384002 F | Chemical Magic Science Camp              | Ages 6-11              |
| 384003 F | Maglev Cars Science Camp                 | Ages 7-12              |
| 382101 F | Radio Drama & Acting Theater Camp        | Ages 8-15              |
| 381701 F | Olympic Sport Fencing                    | Ages 9 & up            |
| 381703 F | Historical Swordsmanship Fencing Camp    | Ages 9 & up            |
| 381906 F | Tennis I Fundamentals                    | Ages 10-13             |
| 381908 F | Tennis II Intro to High School Tennis    | Ages 10-13             |
| 383201 F | Teen Excursion Camp                      | Rising 6th-8th graders |
| 380227 F | Junior Cheer Camp                        | Ages 11-14             |
| 381907 F | Tennis III Competitive Development       | Ages 13-18             |

## Week of August 2-6, 2010

|          |  |                        |
|----------|--|------------------------|
| 381303 G | First Kicks Soccer Camp                | Ages 3-4               |
| 382008 G | Going Green Art Camp                   | Ages 3-6               |
| 383308 G | Dream in Color Dance Camp              | Ages 4-5               |
| 381304 G | Minisoccer British Soccer Camp         | Ages 4-6               |
| 382010 G | Fabric Creations Preschool Camp        | Ages 4-6               |
| 381901 G | Introduction to Tennis Camp            | Ages 4-6               |
| 385001 G | Summer Fun Session G                   | Rising 1st-6th graders |
| 381902 G | Tennis I Fundamentals                  | Ages 6-10              |
| 381305 G | British Soccer Development Program     | Ages 6-16              |
| 381401 G | All-American Sports Camp               | Ages 6-12              |
| 381905 G | Tennis II Intro to Competitive Tennis  | Ages 7-10              |
| 383003 G | Camp Olympia- Horseback Riding Camp    | Ages 8-14              |
| 383004 G | Camp Olympia- Multi-Sport Camp         | Ages 8-14              |
| 382101 G | Improvisation and Physical Comedy Camp | Ages 8-15              |
| 381406 G | Advanced British Soccer Camp           | Ages 8-16              |
| 381702 G | Olympic Sport Fencing                  | Ages 9 & up            |
| 381704 G | Historical Swordsmanship Fencing Camp  | Ages 9 & up            |
| 383101 G | Inner Quest Adventure Camp             | Ages 10-16             |



*Go team!*



*Rock climbing at Carderock!*



## Week of August 9-13, 2010

|          |                                       |                        |
|----------|---------------------------------------|------------------------|
| 380225 H | Mini Cheer Camp                       | Ages 3-5               |
| 382008 H | Once Upon a Time Art Camp             | Ages 3-6               |
| 381901 H | Introduction To Tennis Camp           | Ages 4-6               |
| 382011 H | Creative Construction Preschool Camp  | Ages 4-6               |
| 385001 H | Summer Fun Session H                  | Rising 1st-6th graders |
| 380226 H | Youth Cheer Camp                      | Ages 6-10              |
| 381401 H | All-American Sports Camp              | Ages 6-12              |
| 382007 H | Once Upon A Time Art Camp             | Ages 6-12              |
| 384002 H | Blowfish Robocraft Science Camp       | Ages 7-12              |
| 384003 H | Advanced Robotics Science Camp        | Ages 7-12              |
| 381210 H | Mark Vincent Basketball Camp          | Ages 7-15              |
| 382101 H | Sketch Comedy and Performance Camp    | Ages 8-15              |
| 381801 H | Civil War Excursion History Camp      | Ages 8 & up            |
| 381701 H | Olympic Sport Fencing                 | Ages 9 & up            |
| 381703 H | Historical Swordsmanship Fencing Camp | Ages 9 & up            |
| 381705 H | Virginia Fishing Adventures           | Ages 9-14              |
| 381906 H | Tennis I Fundamentals                 | Ages 10-13             |
| 381908 H | Tennis II Intro to High School Tennis | Ages 10-13             |
| 381907 H | Tennis III Competitive Development    | Ages 13-18             |

## Week of August 16-20

|          |                                       |               |
|----------|---------------------------------------|---------------|
| 381303 I | First Kicks Soccer Camp               | Ages 3-4      |
| 382012 I | Creative Cooking                      | Ages 3-4      |
| 380219 I | Princess Dreams Dance Camp            | Ages 3-5      |
| 382008 I | Pirate Island Art Camp                | Ages 3-6      |
| 381304 I | Minisoccer British Soccer Camp        | Ages 4-6      |
| 381901 I | Introduction to Tennis Camp           | Ages 4-6      |
| 381407 I | Martial Arts Olympics Karate Camp     | Ages 5 ½ & up |
| 381902 I | Tennis I Fundamentals                 | Ages 6-10     |
| 381305 I | British Soccer Development Program    | Ages 6-16     |
| 382007 I | Dramatic Doodlers Art Camp            | Ages 6-12     |
| 381401 I | All-American Sports Camp              | Ages 6-12     |
| 381905 I | Tennis II Intro to Competitive Tennis | Ages 7-10     |
| 381406 I | Advanced British Soccer Camp          | Ages 8-16     |
| 381702 I | Olympic Sport Fencing                 | Ages 9 & up   |
| 381704 I | Historical Swordsmanship Fencing Camp | Ages 9 & up   |
| 383002 I | Clay Hill Horseback Riding Camp       | Ages 9-14     |
| 383101 I | Inner Quest Adventure Camp            | Ages 10-16    |



*Dressing up is fun at our Blast into the Past camp!*



*Enjoy instruction from former N.B.A. player, Gheorhge Muresan at a Giant Basketball Academy Camp!*

*I hope you like fish!  
Virginia Fishing Adventures teaches  
different methods of fishing!*



# Camps

## Week of August 23-27, 2010

|          |                                       |                        |
|----------|---------------------------------------|------------------------|
| 382013 J | Preschool Drawing Art Camp            | Ages 3-5               |
| 381901 J | Introduction to Tennis Camp           | Ages 4-6               |
| 381209 J | Washington Mystics Basketball Camp    | Ages 5-16              |
| 381407 J | Ninja Ranger Karate Camp              | Ages 5 ½ & up          |
| 384005 J | Fun Dough Science Camp                | Ages 6-12              |
| 382014 J | Elementary Drawing Art Camp           | Ages 6-12              |
| 382016 J | Elementary Cartoon Art Camp           | Ages 6-12              |
| 381701 J | Olympic Sport Fencing                 | Ages 9 & up            |
| 381703 J | Historical Swordsmanship Fencing Camp | Ages 9 & up            |
| 381906 J | Tennis I Fundamentals                 | Ages 10-13             |
| 381908 J | Tennis II Intro to High School Tennis | Ages 10-13             |
| 383201 J | Teen Excursion Camp                   | Rising 6th-8th graders |
| 381907 J | Tennis III Competitive Development    | Ages 13-18             |



*Challenger British Soccer is great for youth of all ages!*

## Week of August 30-September 3, 2010

|          |                                       |             |
|----------|---------------------------------------|-------------|
| 381702 K | Olympic Sport Fencing                 | Ages 9 & up |
| 381704 K | Historical Swordsmanship Fencing Camp | Ages 9 & up |

*Enjoy the great outdoors  
with Adventure Links!*



*First Serve Tennis provides  
quality instruction for all  
ability levels!*

# Youth and Adult Sport Classes

## Beg. Olympic Sport Fencing 6 & up



Known as “the physical game of chess” and the fastest martial art, fencing provides a tremendous physical and mental workout. A fencer’s goal is to hit the opponent on a valid target without being hit.

All movements include handwork, footwork, and strategy formulation. Reflexes, speed, and cunning are integral parts of this sport which is excellent for building coordination, balance and agility. Protective masks, jackets and safety tipped swords are used to make fencing one of the safest sports for adults and children alike. An equipment rental fee of \$29 should be made payable to VAF on the first day of class. Waiver must be signed by a parent/legal guardian.

**Instructor:** VA Academy of Fencing

**Location:** VA Academy of Fencing, Springfield, VA

| Activity #      | Date           | Time      | Fees               |
|-----------------|----------------|-----------|--------------------|
| <b>Ages 6-8</b> |                |           |                    |
| 320501-A        | Sun: 7/18-8/22 | 9:15-10am | R: \$85 / NR: \$95 |
| 320501-B        | Tue: 7/20-8/24 | 5:15-6pm  | R: \$85 / NR: \$95 |

|                  |                |         |                    |
|------------------|----------------|---------|--------------------|
| <b>Ages 9-13</b> |                |         |                    |
| 320501-C         | Sat: 7/17-8/21 | 10-11am | R: \$85 / NR: \$95 |
| 320501-D         | Sun: 7/18-8/22 | 10-11am | R: \$85 / NR: \$95 |
| 320501-E         | Mon: 7/19-8/23 | 7-8pm   | R: \$85 / NR: \$95 |
| 320501-F         | Tue: 7/20-8/24 | 6-7pm   | R: \$85 / NR: \$95 |
| 320501-G         | Thu: 7/22-8/26 | 7-8pm   | R: \$85 / NR: \$95 |

|                         |                |           |                    |
|-------------------------|----------------|-----------|--------------------|
| <b>Ages 14 &amp; up</b> |                |           |                    |
| 350501-A                | Sat: 7/17-8/21 | 12-1pm    | R: \$85 / NR: \$95 |
| 350501-B                | Sun: 7/18-8/22 | 11am-12pm | R: \$85 / NR: \$95 |
| 350501-C                | Mon: 7/19-8/23 | 8-9pm     | R: \$85 / NR: \$95 |
| 350501-D                | Tue: 7/20-8/24 | 7-8pm     | R: \$85 / NR: \$95 |

## Historical Swordsmanship 9 & up

Students will explore swordsmanship the way that it was originally practiced in the Medieval and Renaissance periods. Historical swordsmanship recreates the techniques used by fencers who lived before the modern sport was created. Safe wooden bamboo swords called shinai are used as well as protective masks, jackets and safety tipped foils. An equipment rental fee of \$29 should be made payable to VAF on the first day of class. Waiver

must be signed by a parent/legal guardian.

**Instructor:** VA Academy of Fencing

**Location:** VA Academy of Fencing, Springfield, VA

| Activity #       | Date           | Time  | Fees               |
|------------------|----------------|-------|--------------------|
| <b>Ages 9-13</b> |                |       |                    |
| 320503-A         | Mon: 7/19-8/23 | 6-7pm | R: \$85 / NR: \$95 |
| 320503-B         | Thu: 7/22-8/26 | 5-6pm | R: \$85 / NR: \$95 |

|                         |                |       |                    |
|-------------------------|----------------|-------|--------------------|
| <b>Ages 14 &amp; up</b> |                |       |                    |
| 320509-C                | Sat: 7/17-8/21 | 1-2pm | R: \$85 / NR: \$95 |
| 320509-D                | Tue: 7/20-8/24 | 8-9pm | R: \$85 / NR: \$95 |

## Learning Karate 9 & up

Beginning Karate is an introductory class for people of all ages interested in learning martial arts. The beginner class covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students’ capabilities. Beginning students do not participate in any sparring (fighting). For additional information, please visit [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Instructor:** Bill Kennedy & Rick Hathaway

**Location:** Dance-Full

| Activity #              | Date          | Time  | Fees               |
|-------------------------|---------------|-------|--------------------|
| <b>Karate-Beginners</b> |               |       |                    |
| 320502-A                | Mon: 6/7-6/28 | 7-8pm | R: \$48 / NR: \$58 |
| <b>Karate-Inter/Adv</b> |               |       |                    |
| 320502-B                | Mon: 7/12-8/9 | 7-8pm | R: \$60 / NR: \$70 |

## Advanced & Black Belt Karate 9 & up

This class is for students with experience in martial arts. The class is based on traditional Korean martial arts known as Tang Soo Do, which is very similar to Tae Kwan Do. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Continuing students are expected to have uniforms. Classes include some sparring as part of the training but before participating in sparring, students are required to be experienced enough to ensure everyone’s safety. Additional information is available on the Internet at [www.StratfordKarate.org](http://www.StratfordKarate.org).

**Instructor:** Bill Kennedy & Rick Hathaway

**Location:** Dance-Full

| Activity # | Date          | Time        | Fees               |
|------------|---------------|-------------|--------------------|
| 350508-A   | Mon: 6/7-6/28 | 8:15-9:15pm | R: \$48 / NR: \$58 |
| 350508-B   | Mon: 7/12-8/9 | 8:15-9:15pm | R: \$60 / NR: \$70 |



If you have an idea for a new class, please send it to [dwoodbury@fallschurchva.gov](mailto:dwoodbury@fallschurchva.gov).



# Youth and Adult Sports

## YOUTH SPORTS

### Fall Soccer 5-14 years

**Early Bird Registration:** July 19 - Aug 8

Resident: \$85 / Non-Resident: \$95

**Regular Registration:** Aug 9 - Aug 22

Resident: \$100 / Non-Resident: \$110

Teams will be formed by age groups and will participate in the Arlington Soccer Association. Practices and games will vary by team and will be held at nearby fields. Volunteer coaches are needed. Call **703-248-5150** for registration form, fees and league rule information.



### 1st Touch Soccer Clinic 3-4 years

**Registration:** July 19 until clinic is filled. First Touch is a program designed to develop your young player's love and interest in soccer by providing the FUN-damental skills and techniques needed. A six session course open to boys and girls ages 3 to 4. Each hour long session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, juggling are followed with live games to finish each day.

631104-A: 3 yr olds - 9am R: \$55/NR: \$65

631104-B: 4 yr olds - 10am R: \$55/NR: \$65

### Hershey Track 9-14 years

The local qualifying meet for the Hershey Track and Field Meet will be held on Sunday, May 16th at 5pm. For more details, go online: [hersheytrackandfield.com](http://hersheytrackandfield.com), or call **703-248-5150**. Volunteers are needed.

### Youth Flag Football

**Registration:** July 19th – Aug 22nd Falls Church Rec & Parks will be hosting a Youth Flag Football League in the fall. This program will be a non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School. Volunteer Coaches are needed. Please contact Chris Madison for more details, **703-248-5150**.

## ADULT SPORTS

### Fall Adult Volleyball

**Registration:** July 29th-Aug 15th– Various levels of competition are offered. Call **703-248-5150** for registration form, fees and league rule information. Teams only.



### Fall Adult Basketball

**Registration:** July 19th-Aug 15th – Various levels of competition are offered. Call **703-248-5150** for registration form, fees and league rule information. Teams only.

### Fall Adult Soccer

**Registration:** July 19 – August 8th.

League will play on Sunday evenings starting in September. Please contact Chris Madison at **703 248-5150** for further details. Teams only.



### The 33rd Annual Falls Church OPEN Tennis Tournament

**Registration is open NOW!** The tournament will be played May 17th – June 27th. Players schedule their own matches within a specified amount of time. Additional information including categories and fees is available by calling **703-248-5150**.





## TENNIS EVERYONE

FirstServe Tennis Academy is back for another exciting year of first-rate instructional programs for players of all abilities ages 4-adult! Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Most lesson ratios for tots and adults are 4:1; and 6:1 for juniors. Lessons by Appointment are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis shoes and rackets are required! Contact FirstServe Tennis for program, racket, and equipment recommendations. Call **703-868-8172** or visit **www.tenniseveryone.net** for more information.

**Lessons by Appointment:** Ages 4 through Adult  
Contact FirstServe Tennis at **703-868-8172** to set up time and dates for individual, semi-private and private group lessons. Season Pass discounts are available for a series of lessons.

**Private (1 student):** \$55/hr

**Semi-Private (2 students):** \$35/hr/per person

**Small Group (3 students):** \$30/hr/per person

**Small Group (4 students):** \$25/hr/per person

Large Groups/Special Events/Birthday Parties, etc.  
(Contact FSTA)

30-minute prorated lessons are available for ages 4-6.

**Note:** Cancellations within 24 hours are charged full tuition.

## Tennis 1 Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

**Instructor:** First Serve Tennis

**Location:** Cavalier Trail Park

| Activity # | Date           | Time        | Fees                 |
|------------|----------------|-------------|----------------------|
| 350905-A   | Tue: 6/29-7/20 | 7:30-9pm    | R: \$120 / NR: \$130 |
| 350905-B   | Wed: 6/30-7/21 | 6-7:15pm    | R: \$100 / NR: \$110 |
| 350905-C   | Tue: 8/3-8/24  | 6-7:30pm    | R: \$120 / NR: \$130 |
| 350905-D   | Wed: 8/4-8/25  | 7:15-8:30pm | R: \$100 / NR: \$110 |

## Tennis 2 Adv. Beginner/ Int. 18 & up

Students refine stroke production with an emphasis on rallying, tactics, and match play. Enroll in back to back programs or play 2 times per week and make it your summer of tennis! Ratio 4:1.

**Instructor:** First Serve Tennis

**Location:** Cavalier Trail Park

| Activity # | Date           | Time        | Fees                 |
|------------|----------------|-------------|----------------------|
| 350906-A   | Tue: 6/29-7/20 | 6-7:30pm    | R: \$120 / NR: \$130 |
| 350906-B   | Wed: 6/30-7/21 | 7:15-8:30pm | R: \$100 / NR: \$110 |
| 350906-C   | Tue: 8/3-8/24  | 7:30-9pm    | R: \$120 / NR: \$130 |
| 350906-D   | Wed: 8/4-8/25  | 6-7:15pm    | R: \$100 / NR: \$110 |

## Tennis 3- Intermediate/ Adv. 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combined with match play. Player-Coach ratio is 4:1.

**Instructor:** First Serve Tennis

**Location:** Cavalier Trail Park

| Activity # | Date          | Time      | Fees                 |
|------------|---------------|-----------|----------------------|
| 350904-A   | Wed: 6/30-8/4 | 8:30-10pm | R: \$150 / NR: \$160 |



If you have an idea for a new class, please send it to [dwoodbury@fallschurchva.gov](mailto:dwoodbury@fallschurchva.gov).

## Kick Boxing 14 & up

Kick and punch out your stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

**Instructor:** Pam Doran

**Location:** Senior Center-Full

| Activity # | Date          | Time        | Fees                 |
|------------|---------------|-------------|----------------------|
| 350417-A   | Tue: 6/8-8/10 | 7:30-8:30pm | R: \$120 / NR: \$130 |



## Step Aerobics 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

**Instructor:** Pam Doran

| Activity #    | Date | Time | Fees |
|---------------|------|------|------|
| Step Aerobics |      |      |      |

**Location:** Senior Center-Full

|          |                   |             |                      |
|----------|-------------------|-------------|----------------------|
| 350404-A | Mon/Wed: 6/7-8/1* | 6:30-7:30pm | R: \$180 / NR: \$190 |
|----------|-------------------|-------------|----------------------|

**Rise and Shine**

**Location:** Dance-Full

|          |                |        |                      |
|----------|----------------|--------|----------------------|
| 350404-B | Sat: 6/12-8/14 | 9-10am | R: \$120 / NR: \$130 |
|----------|----------------|--------|----------------------|

\*No class dates 7/5

## Noon Workout 18 & up

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

**Instructor:** Pam Doran

**Location:** Gym-Full

| Activity # | Date              | Time      | Fees                 |
|------------|-------------------|-----------|----------------------|
| 350407-A   | Tue/Thu: 6/8-7/1  | 12:10-1pm | R: \$144 / NR: \$154 |
| 350407-B   | Tue/Thu: 7/6-8/12 | 12:10-1pm | R: \$144 / NR: \$154 |

## Body Toning 18 & up

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the workout.

**Instructor:** Eileen Cutrona

**Location:** Senior Center-Full

| Activity # | Date               | Time        | Fees                 |
|------------|--------------------|-------------|----------------------|
| 350405-A   | Tue/Thu: 6/8-7/15  | 6:30-7:30pm | R: \$144 / NR: \$154 |
| 350405-B   | Tue/Thu: 7/20-8/19 | 6:30-7:30pm | R: \$120 / NR: \$130 |

## Kukuwa Dance Workout 18 & up

KDW® is a low impact/high energy choreographed workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. It is open to participants of all fitness levels. You burn 970 fat calories in a 60 minute KDW® class. Get ready to work muscles you didn't realize you had. You will lift off on an exotic African expedition with the "agbaja" and "adowa", glide through the plains of Latin America with "salsa" and "merengue", and cruise to the Caribbean Islands "winin your boombsey" through the carnival celebrations.

**Location:** Dance-Right

| Activity # | Date           | Time  | Fees                 |
|------------|----------------|-------|----------------------|
| 350429-A   | Thu: 6/17-8/19 | 6-7pm | R: \$100 / NR: \$110 |

## Zumba Latin Aerobics 18 & up

Zumba (pronounced as zoomba) is a unique and exciting high energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. This includes, but not limited to, dances such as Salsa, Merengue, Bachata, Tango, Cha Cha and even Reggaeton! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as the gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba.

**Instructor:** Dream In Color

**Location:** Dance-Right

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 350414-A   | Tue: 6/22-8/17 | 7:30-8:30pm | R: \$63 / NR: \$73 |



## Class Cards!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes: **Step Aerobics, Body Toning, Noon Workout & Kickboxing**. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

**Fees:** R: \$80 / NR: \$90 / Senior Residents: \$40



## Zumba Toning 18 & up

Zumba toning takes the original Zumba dance-fitness to another level utilizing innovative muscle training with the addition of light weight toning sticks or dumbbells. It will emphasize working muscle groups along with the rhythms. It is a combination of cardio and resistive exercises.

**Instructor:** Dream In Color

**Location:** Senior Center-Full

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 350427-A   | Tue: 6/22-8/17 | 8:30-9:30pm | R: \$63 / NR: \$73 |

## Family Yoga All Ages

Children and families members of all ages are welcome. We will play games and music, read stories, and learn poses, all designed to share the essence of yoga, the joining of body, mind and spirit. Family members will have a common experience and language for ideas like relaxation, courage, respect and being present. Come as you are, no need for flexibility in this class, just be prepared to have fun! Yoga mats provided. Enjoy playing and picnicking at Falls Church Parks and Recreation's Concerts in Cherryhill Park after class. Zoe, Ella and Nora Waide, ages 12, 9 and 4 will be assisting with the class.

**Instructor:** Unyong Waide

**Location:** Community Room

| Activity # | Date            | Time        | Fees               |
|------------|-----------------|-------------|--------------------|
| 350402-A   | Sat: 6/12-7/10* | 5:30-6:15pm | R: \$40 / NR: \$50 |
| 350402-B   | Sat: 7/17-8/7   | 5:30-6:15pm | R: \$40 / NR: \$50 |

\*No class dates 7/3

## Yoga for EveryBody 18 & up



**Register now  
for session A**

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures (asanas), breath techniques (pranayama) and deep relaxation (yoga nidra/meditation). Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities. A traditional yoga practice places a greater emphasis on physical and mental awareness than on executing the perfect posture.

**Instructor:** Sharon "Sam" Meehan

**Location:** Community Room

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 350401-A   | Thu: 5/13-7/1* | 7:15-8:45pm | R: \$66 / NR: \$76 |
| 350401-B   | Thu: 7/8-8/12  | 7:15-8:45pm | R: \$66 / NR: \$76 |

\*No class dates 6/10, 6/17



## Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice--including asanas (poses), breathing techniques, and body awareness--and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room

| Activity # | Date         | Time     | Fees                 |
|------------|--------------|----------|----------------------|
| 350406-A   | Tue: 6/8-8/3 | 8-8:55pm | R: \$106 / NR: \$116 |

## Pilates With Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room

| Activity # | Date         | Time     | Fees                 |
|------------|--------------|----------|----------------------|
| 350410-A   | Tue: 6/8-8/3 | 7-7:55pm | R: \$106 / NR: \$116 |

## Accomplished Citizen Fitness 50 & up

It is a well-proven fact that age has no bearing on your ability to greatly improve your physical condition; so don't listen to all the nonsense that you may hear about "growing old". Join our Accomplished Citizen Fitness Program taught by a Certified Professional Trainer/Corrective Exercise Specialist. The total program will concentrate on Core Strengthening and Full-Body Workout, as well as specific exercises designed to help alleviate problems related to: arthritis, carpal tunnel, rotator cuff, stability, vertigo, breathing, & weight-loss, as well as nutritional advise. IT'S NEVER TOO LATE!! Sign up now and start feeling better both physically and mentally.

**Instructor:** Capitol Fitness

**Location:** 1/2 Gym Back Door

| Activity # | Date                | Time    | Fees                 |
|------------|---------------------|---------|----------------------|
| 360405-A   | Mon/Wed: 6/21-7/29* | 10-11am | R: \$200 / NR: \$210 |
| 360405-B   | Mon: 6/21-7/26*     | 10-11am | R: \$100 / NR: \$110 |
| 360405-C   | Wed: 6/23-7/28      | 10-11am | R: \$100 / NR: \$110 |

\*No class dates 7/5

# Pet Education Classes

## Basic Dog & Pup Obedience 16 & up



This class offers lots of fun & socialization for puppies/dogs. They get a GREAT foundation for the rest of their lives! Puppies/dogs get used to the basics of being handled, learning how to focus, and learning how to learn! Basic commands are covered: Sit, Down, Recall, Down Stay and Loose-Lead Walking. In addition, owners learn how to promote good household manners, and how to deal with common doggy problems such as jumping, mouthing & biting and pulling. Puppies (dogs under 5 months of age) also enjoy a

playgroup at the end of class, which teaches them how to relate to and interact appropriately with other dogs and also how to respond to their owners while playing. (Puppies must have their second set of shots before they come to class, which is Week 2. All dogs over 4 months must have full vaccinations or titers by Week 2.) Week One is an orientation for owners only (no dogs). Class is 6 weeks (6 hrs.), one hour/week, plus an additional 15 minutes for puppies under 5 months. Everyone in the family is encouraged to come to class!

**Instructor:** C&C PALS

**Location:** Cavalier Trail Park

| Activity # | Date           | Time        | Fees                 |
|------------|----------------|-------------|----------------------|
| 350722-A   | Thu: 6/17-7/22 | 6:30-7:30pm | R: \$150 / NR: \$160 |

## Dog Training Theory & Tech. 16 & up

Not getting the results you had expected from your previous dog-training efforts? What really motivates your dog's behavior? This class debunks the many myths surrounding dog training and replaces it with the new generation of dog training theory based on years of animal study. Better understanding why past training may or may not work. Get the positive result you want by applying these techniques research studies have shown to be the most successful. Do not bring dogs to this class.

**Instructor:** C&C PALS

**Location:** Community Room

| Activity # | Date      | Time        | Fees               |
|------------|-----------|-------------|--------------------|
| 350715-A   | Mon: 7/12 | 6:30-9:30pm | R: \$60 / NR: \$70 |

## Pet Emergencies & First Aid 16 & up

Our pets are part of the family and knowing how to recognize an emergency is crucial. Learn basic procedures for caring for sick, injured, or poisoned pets. Be confident in providing the immediate and temporary care necessary for animals until professional veterinary help is available. Do not bring pets to this class.

**Instructor:** C&C PALS

**Location:** Community Room

| Activity # | Date           | Time        | Fees                 |
|------------|----------------|-------------|----------------------|
| 350716-A   | Mon: 7/19-7/26 | 6:30-9:30pm | R: \$115 / NR: \$125 |

## Choosing the Right Dog for You 16 & up

Picking your lifelong companion is often an "emotional" buy. Don't wait until the dog is in your home to find out it is not a good match. We will discuss various factors that will help in this decision process, including general issues and characteristics of breeds but just as importantly your lifestyle factors, such as your age, activity level, where you live, how much travel, etc. Besides your likes and dislikes in looks and temperament you need to consider where to look for the "right" dog and if you are ready for a puppy, adolescent or adult pet.

**Instructor:** C&C PALS

**Location:** Community Room

| Activity # | Date      | Time        | Fees               |
|------------|-----------|-------------|--------------------|
| 350719-A   | Thu: 6/10 | 6:30-9:30pm | R: \$60 / NR: \$70 |

## Preparing Your Dog for Baby 16 & up

Are you expecting a new human addition to your family and wondering about your dog? This class is designed to cover the basics of how to keep everyone safe and make the transition less stressful for everyone. Topics include basic safety principles, ways to help your dog see the baby as a welcome addition, and how to apply some basic obedience skills to make everyday life with a baby easier. Class includes demonstrations. Do not bring your dog to this class.

**Instructor:** C&C PALS

**Location:** Art Room

| Activity # | Date     | Time        | Fees               |
|------------|----------|-------------|--------------------|
| 350720-A   | Thu: 8/5 | 6:30-9:30pm | R: \$60 / NR: \$70 |

## Rev Up Your Recall 16 & up

Has your dog stopped coming when you call? Is your dog becoming slower and slower on his recall? Does she take detours on her way to you when you call her? Do you want to get a speedier and more reliable recall? This class focuses solely on building up your recall with activities and games that you will be able to also do at home to keep your recall strong once you rev it back up! This class is designed for dogs and handlers who have previously had basic obedience using positive motivational training methods ONLY. Dogs exhibiting aggressive or reactive behavior will not be permitted in the class.

**Instructor:** C&C PALS

**Location:** Cavalier Trail Park

| Activity # | Date           | Time      | Fees               |
|------------|----------------|-----------|--------------------|
| 350721-A   | Wed: 7/21-7/28 | 11am-12pm | R: \$60 / NR: \$70 |



# Hobby & Developmental Classes

## Pop Up & Other Greeting Cards 14 & up

Develop your paper crafting talents making greeting cards with fun and clever interactive elements including unique folds, pop-ups, flip-flop features, shakers, sliding panels that reveal hidden messages, and more. You will be able to personalize these beautiful projects. You will complete at least two projects per class and each class will have different projects, take one or both. All tools and supplies will be provided.

**Instructor:** Carol Lavrich

| Activity #                      | Date      | Time           | Fees               |
|---------------------------------|-----------|----------------|--------------------|
| <b>Location:</b> Teen Center    |           |                |                    |
| 350116-A                        | Sat: 7/10 | 9:30am-12:30pm | R: \$43 / NR: \$53 |
| <b>Location:</b> Preschool Room |           |                |                    |
| 350116-B                        | Tue: 7/13 | 6:30-9:30pm    | R: \$43 / NR: \$53 |



## Scrapbooking Workshops 16 & up

Learn to make a handmade scrapbook album. With all the awesome patterned paper and embellishments out there, you can just keep making and making them and they'll never turn out the same. These albums make the perfect home-made gift that friends and family will treasure.....or you can create a whole library of interesting and interactive albums of your own. You can put all sorts of things on the pages: pictures, journaling blocks, stickers, pamphlets from tourist destinations, boarding passes and train tickets, receipts, recipes, pictures, tags with hidden journaling, etc. These albums truly become interactive and treasured keepsakes. All tools and supplies will be provided.

**Instructor:** Carol Lavrich

| Activity #                      | Date      | Time           | Fees               |
|---------------------------------|-----------|----------------|--------------------|
| <b>Location:</b> Community Room |           |                |                    |
| 350104-A                        | Sat: 6/12 | 9:30am-12:30pm | R: \$52 / NR: \$62 |
| <b>Location:</b> Teen Center    |           |                |                    |
| 350104-B                        | Wed: 6/23 | 6:30-9:30pm    | R: \$52 / NR: \$62 |



## CPR & First Aid 12 & up

American Safety & Health Institute Community CPR for adults, children and infants, and Universal Basic First Aid. CPR certification is valid for two years; First Aid certification is valid for three years.

**Instructor:** Know CPR

**Location:** Teen Center

| Activity # | Date               | Time   | Fees               |
|------------|--------------------|--------|--------------------|
| 350718-A   | Wed/Thu: 5/26-5/27 | 6-10pm | R: \$63 / NR: \$73 |



## Introduction to Sushi Making 16 & up

Learn to prepare authentic Japanese Sushi that will make your taste buds sing. Amaze your guests! Learn how to prepare various types of delectable sushi to entertain family and friends. Learn table settings, cooking techniques, equipment, proper etiquette and how to shop for and prepare ingredients.

**Instructor:** Mary Moore

**Location:** Kitchen

| Activity # | Date           | Time        | Fees               |
|------------|----------------|-------------|--------------------|
| 350303-A   | Thu: 6/17-6/24 | 6:30-9:30pm | R: \$74 / NR: \$84 |
| 350303-B   | Wed: 7/21-7/28 | 11am-2pm    | R: \$74 / NR: \$84 |
| 350303-C   | Wed: 8/11-8/18 | 11am-2pm    | R: \$74 / NR: \$84 |

## Silk Screening Printing Workshop 17 & up

**NEW!**

Introduce yourself to the wonderful world of silkscreen printing. Print your own tee shirts, posters and flyers using block-out or photo emulsion techniques. In this one-color printing course, you will be taken through not only basic 'block out' printing techniques but also the photo-silk screen process and print on fabric. Have fun learning various ways of bringing your artistic ideas and designs to life through the silk-screen process. By the end of this class, you'll have the knowledge to get started in silk-screen printing as a hobby or even as a future business.

**Instructor:** Donald Phillips

**Location:** Art Room

| Activity # | Date          | Time  | Fees                 |
|------------|---------------|-------|----------------------|
| 350111-A   | Fri: 7/2-7/30 | 4-6pm | R: \$130 / NR: \$140 |



# Hobby & Developmental Classes

## Beginner Guitar 19 & up

Beginning Guitar is perfect for the first time student of all ages. If you cannot read music or play another instrument, then this is the class for you! Learning guitar is fun and provides a platform for self-expression, enrichment, and personal growth. Students will be exposed to a variety of songs and exercises that will begin to broaden their understanding of technique, ear training, music theory, and music appreciation. Learn how to play, tune and care for your guitar. Students must furnish their own instrument.

**Instructor:** Donald Phillips

| Activity #                   | Date           | Time  | Fees                 |
|------------------------------|----------------|-------|----------------------|
| <b>Location:</b> Art Room    |                |       |                      |
| 330601-A                     | Thu: 6/10-7/29 | 4-5pm | R: \$116 / NR: \$126 |
| <b>Location:</b> Teen Center |                |       |                      |
| 330601-B                     | Thu: 6/10-7/29 | 6-7pm | R: \$116 / NR: \$126 |

## Soap Making 17 & up

Make your own soothing soap from scratch - like Grandmother did. Cold Process Soap is the traditional way that soap has been made for many years. Soap making is fun and easy to learn and leads to an appreciation of natural and organic homemade products. More and more people are going back to using handmade soaps because they are richer and kinder to the skin and are much more eco-friendly than commercial soaps. This class teaches everything you need to learn about soap making with simple recipes and demonstrates how to make different natural soaps.

**Instructor:** Donald Phillips

**Location:** Art Room

| Activity # | Date      | Time        | Fees               |
|------------|-----------|-------------|--------------------|
| 350112-A   | Fri: 7/30 | 6:30-9:30pm | R: \$48 / NR: \$58 |

## Dabbling in Paint 17 & up



Want to paint, but unsure how to begin? This class is designed for all skill levels. Learn techniques for painting with both oils and acrylics in a canvas format up to 36x42. Brush applications, color coordination and theory with artistic styles will be explored. Art appreciation and history will also be studied in order to enhance your skills as an artist. Release

your inner Picasso or Rembrandt with these new and classic mediums. Supply list available. Students must supply materials.

**Instructor:** Donald Phillips

**Location:** Teen Center

| Activity # | Date           | Time   | Fees                 |
|------------|----------------|--------|----------------------|
| 350109-A   | Fri: 6/11-7/30 | 12-3pm | R: \$244 / NR: \$254 |

## Signing Smart Parent Workshop 18 & up

The Beginner Signing Smart Workshop is for expectant parents or parents new to signing with their baby as well as for those who have already gotten started and are looking for support during the early phases. This workshop teaches the research-proven Signing Smart strategies and techniques, how many and which kinds of signs to use in the early stages, when to add more, and how to recognize your child's versions signs. Through instructor presentation, interactive activities and discussion, and video examples, you will learn over 50 ASL signs, as well as tools, strategies, and resources that will enable you to experience the success of Signing Smart from the very first day! Spouse or grandparent fee is reduced to 25% with a registered family member.

**Instructor:** Parent Child Univ.

**Location:** Preschool Room

| Activity # | Date      | Time        | Fees               |
|------------|-----------|-------------|--------------------|
| 310706-A   | Tue: 6/8  | 6:30-8:30pm | R: \$55 / NR: \$65 |
| 310706-B   | Thu: 6/10 | 6:30-8:30pm | R: \$55 / NR: \$65 |
| 310706-C   | Thu: 8/26 | 7-9pm       | R: \$55 / NR: \$65 |
| 310706-D   | Sat: 8/28 | 10am-12pm   | R: \$55 / NR: \$65 |

## Positive Discipline Principles

### 18 & up

Parents and grandparents come learn the revolutionary discipline techniques of Dr. Becky Bailey, Ph.D. Come gain a deeper understanding of how children develop in order to foster self-esteem (both yours and theirs) by looking for solutions instead of blame. Find out how to give effective commands so children are more likely to choose to do what you say and guide children away from tattling and into problem solving. Learn to recognize the two ways that children communicate to adults and the most effective responses that elicit cooperation and stop the "Do what I say, not what I Do" syndrome once and for all. These are just a few of the many new ways you will learn to deal in a positive way with young children! This class is facilitated by an experienced elementary school counselor, parent educator, and founder of **www.**

**ParentChildU.com**. Educational certificates will be given.

**Instructor:** Tracey Kretzer, CCDI

| Activity #                      | Date      | Time      | Fees               |
|---------------------------------|-----------|-----------|--------------------|
| <b>Location:</b> Community Room |           |           |                    |
| 351003-A                        | Sat: 6/12 | 3-5pm     | R: \$35 / NR: \$45 |
| 351003-B                        | Sun: 6/13 | 3-5pm     | R: \$35 / NR: \$45 |
| 351003-C                        | Thu: 8/19 | 7-9pm     | R: \$35 / NR: \$45 |
| <b>Location:</b> Art Room       |           |           |                    |
| 351003-D                        | Sat: 8/21 | 10am-12pm | R: \$35 / NR: \$45 |

Get up-to-date  
class information at  
[www.fallschurchva.gov](http://www.fallschurchva.gov)

## COME JOIN A FALLS CHURCH CLUB!!!

### The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Adam Levowitz brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45 to 9:45 p.m. at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at [www.fallschurchconcertband.org](http://www.fallschurchconcertband.org)

### Language Clubs

**German Conversation** - Tuesdays at 10am

**Italian Conversation** - Tuesdays at 1:30pm

**French Conversation** - Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.

### Bridge Club

**Social Bridge** - Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

**Contract Bridge** - Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.



### Garden Club

The Garden Club meets at 7:30pm, on the first Wednesday of the month at the Falls Church Community Center. Gardening specialists are invited to discuss effective gardening/ environmental practices and other topics related to garden design, container gardens, etc. All this, and refreshments, is free and open to everyone. In the spring, a yearly plant sale is sponsored and held in the Falls Church Community Center. Also, during the year, garden tours and trips are taken. A monthly newsletter is published with news of club activities, public gardens and gardening tips. For more information, call Linda Martin at **703-698-5081** or go to [www.fallschurchgardenclub.org](http://www.fallschurchgardenclub.org) for more information.



### Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some bingo, have fun, socialize and meet new friends. Besides bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior.

Small fee of 25 cents per card apply. Please call the Senior Center at **703-248-5020** for more information.



### Lunch Bunch Club

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am. Transportation on your own in July and August.

**All groups  
looking for new  
members**

# Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call **703-248-5020** for more information.

**Hours of Operation:** Monday-Friday, 9am-3pm.

## SENIOR CENTER ACTIVITIES

### Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

### Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

### Blood Pressure

Held every other Tuesday from 9-10am.

### Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.

### Bingo

Meets every Wednesday from 10am-1:30pm.

### Birthdays with Beryl

Join us on the second Wednesday of the month at 12 noon to celebrate all the birthdays in the month with tasty treats.

### Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday at 10am.

### Checkers Challenge

Every Wednesday at 10:30am.

### Current Events

An informal group that meets every Friday at 12 noon.

### Dominoes Challenge

Every Wednesday at 10:30am.

### Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

|                   |                      |        |
|-------------------|----------------------|--------|
| <b>Tuesdays:</b>  | German conversation  | 10am   |
|                   | Italian conversation | 1:30pm |
| <b>Thursdays:</b> | French conversation  | 10am   |

### Game Day

Come every Friday at 9am for FUN and games.

### Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

### Knitting and Crocheting

Come learn how to knit and crochet. All levels encouraged. All materials are provided at no charge. Come join us every Thursday at 10am.

### Lunch Bunch Club

Come join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am. Transportation on your own in July and August. Don't forget to bring your appetite!

### Mixed Games

Every Monday at 11:00am

### Mixed Trivia

Every 1st and 3rd Monday at 10:30am.

### Movie Day

On the first Friday of each month, you can see a movie on "The Big Screen" in the Teen Center at 10am. Come sit back and enjoy!

### Nutritionist

A nutritionist will provide healthy eating tips every third Wednesday of the month at 12 noon.

### Rummikub Challenge

Come every Wednesday at 1:30pm and play a friendly game of Rummikub with friends and staff.

### Scrabble

Come every Tuesday at 1:30pm and play a friendly game of Scrabble with friends.

### Walking Group

Meets Thursdays from 10am-12 noon, except the first Monday of the month, 10am-1pm (bring a bag lunch).



## SENIOR CENTER ARMCHAIR TRAVEL PROGRAMS

**10:30 am to 11:30 am. Fourth Friday of each month.**

Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Citizen Center at the Center.

### **June 25: New Zealand: South Island and North Island**

**(Running time: 79 minutes)**



A world away are the islands that make up the country of New Zealand, and our adventure begins on the South Island. There are laid back wine country tours to enjoy along with the rapturously beautiful scenery. We'll tour Abel Tasman National Park, visit a local artist colony and get a crash course in Maori bone carving. Off then to Queenstown, the birthplace of bungee jumping (no, you won't have to participate in that). Next, we explore the North Island known also for its scenic beauty. We'll explore the Bay of Islands' magnificent coastline by kayak and visit the historic site, the Waitangi Treat Grounds, where Maori chiefs signed a controversial treaty with Britain. Our itinerary also includes Hawke's Bay's fruit and olive groves, Cape Kidnappers, home to a massive colony of gannet birds, Napier, a blast from the Art Deco past, a primeval kauri forest, and an oyster farm, and if that wasn't enough—a stop at some of the area wineries. Now that's what I call a trip!

### **July 23, 2010: Seville: Jewel of Andalusia**

**(Running time: 60 minutes)**



You will experience first-hand the art, architecture, history and charm of Seville, Spain. The ancient streets of Seville showcase the multicultural imprint of the numerous people and cultures that have called the city home. We'll explore Roman ruins, the lush Moorish palace of the Alcazar, the delicate beauty of Santa Cruz and the Gothic brilliance of the city's largest cathedral, the celebrated La Giralda. History buffs, travelers, and art lovers will all enjoy this film.

### **August 27, 2010: Persepolis: rediscovering the lost capital of the Persian empire**

**(Running time: 60 minutes)**



It was probably the greatest construction project of antiquity: in 520 B. C. King Darius I of the Achaemenids had a forty-acre terrace piled up the foot of the Mount of Mercy in the central Persian plateau. Here the new capital of Persia was to arise. This program reconstructs the site virtually with an animation program that produced several thousand outlines, details, and structures that breathe life into the splendor of Persepolis. See why Alexander repented the destruction he and his soldiers visited upon the city when they pillaged and burnt the city to the ground.

## SENIOR OLYMPICS COMING SOON

Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all senior adults ages 50 years and older. Senior adults are offered the opportunity for competition and fellowship through various athletic, recreational and social events. We promote health, fitness and psychological well-being of senior adults by offering the opportunity for participation and achievement. Both Indoor and Outdoor events offered.



## Mark Your Calendars: 2010 Senior Olympics

**Saturday, September 18-29**

Opening Ceremony/ Track & Field: Saturday, September 18

Events: Monday, September 20–Wednesday, September 29

Please visit our website at [www.nvso.us](http://www.nvso.us) for more information or call the senior center at **703-248-5020**.

## SUMMER TRIPS

### Pentagon Memorial



The Pentagon Memorial, located just southwest of The Pentagon in Arlington County, Virginia, is a permanent outdoor

memorial to the 184 people killed in the building and on American Airlines Flight 77 in the September 11, 2001 attacks (not counting the hijackers aboard the plane). Designed by Julie Beckman and Keith Kaseman of the architectural firm of Kaseman Beckman Advanced Strategies, the memorial opened to the public on September 11, 2008.

### Charlestown Slots

Are you ready for some fun? Come try your luck at the slots. Hopefully you won't go home empty handed!



### Harborplace and the Gallery in Baltimore, Maryland



Come shop to you drop. Also, bring your appetite and choose from 30 eateries and 12 restaurants including The Cheesecake Factory, California Pizza Kitchen and Phillips Seafood Restaurant.

# Registration Information

## Refund Policy

The Recreation and Parks Department will provide a full credit or refund for a camp if the camp is cancelled by the Department or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend a camp. For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least two weeks before the start of camp.

- Requests for a refund made at least **two weeks** before the start of camp will be granted, less a 20% processing fee.
- Requests for a credit made at least two weeks before the start of camp will be granted, less a 10% processing fee.
- Requests less than two weeks before camp starts will **only** be granted for medical reasons (doctor's note required).
- No refunds or household credits will be given if the request for such is submitted less than 2 weeks before the camp starts, nor after it has ended. This also applies to AM and PM Extended care.
- Some camps have difference policies which are listed in their description.

**The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.**

## Summer Camps Refund Policy

The Recreation and Parks Department will provide a full credit or refund for a camp if the camp is cancelled by the Department, or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend a camp. For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least two weeks before the start of camp.

- Requests for a refund made at least two weeks before the start of camp will be granted, less a 20% processing fee.
- Requests for a credit made at least two weeks before the start of camp will be granted, less a 10% processing fee.
- Requests less than two weeks before camp starts will only be granted for medical reasons (doctor's note required).
- No refunds or household credits will be given if the request or such is submitted less than 2 weeks before the camp starts, nor after it has ended. This also applies to AM and PM Extended care.
- Some camps have different policies which are listed in their description.

**CHARGE IT! We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."**

**Fees:** Payment must accompany registration.

**Confirmations:** You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

**Late Registration:** Late registrations are accepted if an opening is available.

**Senior Citizens:** Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

**Financial Aid:** Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 248-5077 for more information.

**Register Early:** All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

**INCLEMENT WEATHER POLICY:** Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

**Holidays:** Classes and camps will not be held on City-observed legal holidays unless otherwise noted. Holidays falling in this class session are: July 4, Independence Day and Independence Day Observance, July 5.



## Registration Starts

Falls Church City Residents:

**Monday, May 17, 2010**

Non-City Residents:

**Monday, May 24, 2010**

## How to Register

**WALK-IN:** At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

### Registration Hours

Monday-Thursday 8am to 10:30pm

Friday 8am to Midnight

Saturday 8:30am to Midnight

Sunday 12pm to 6pm (January-March)

Sunday 2pm to 6pm (April-December)

**MAIL-IN:** Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to: **Falls Church Recreation & Parks, 223 Little Falls St., Falls Church, VA 22046**

**PHONE-IN:** There will be no phone-in registration on the first day of resident (May 17) and non-resident registration (May 24). Phone-in registration will start on the second day of registration either May 18 or May 25. **To register by phone, please call 703-248-5077** and have your credit card ready.

**Note: In-person registration takes priority over mail and phone-in.** No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

**Online:** Online registration is here! Online registration can be found on the internet by going to **www.fallschurchva.gov** and clicking on the Falls Church Recreation and Parks Department Online Registration logo. Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card, or Visa).



Primary Household Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone Number: ( ) \_\_\_\_\_ Work Phone Number: ( ) \_\_\_\_\_

Email address: \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

☐ Special Assistance is needed for one or more of individuals listed on registration. (Contact us at 703-248-5077)

Please Explain: \_\_\_\_\_

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

| Participant Name   | Male/Female | Date of Birth | Activity Registration # | Activity Name | Activity Fee |
|--|-------------|---------------|-------------------------|---------------|--------------|
|  |             |               |                         |               |              |
|  |             |               |                         |               |              |
|  |             |               |                         |               |              |
|  |             |               |                         |               |              |
|  |             |               |                         |               |              |
|  |             |               |                         |               |              |
| Please read class information carefully and make checks payable to City of Falls Church. |             |               |                         | <b>Total</b>  |              |





223 Little Falls St.  
Falls Church, VA 22046

PRESORTED  
STANDARD MAIL  
US POSTAGE  
**PAID**  
FALLS CHURCH, VA  
PERMIT NO. 34

## Facility Rentals

**The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.**

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center and online at [www.fallschurchva.gov](http://www.fallschurchva.gov). We will also mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you might need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five business days to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

**For more information, visit [www.fallschurchva.gov](http://www.fallschurchva.gov) or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.**

